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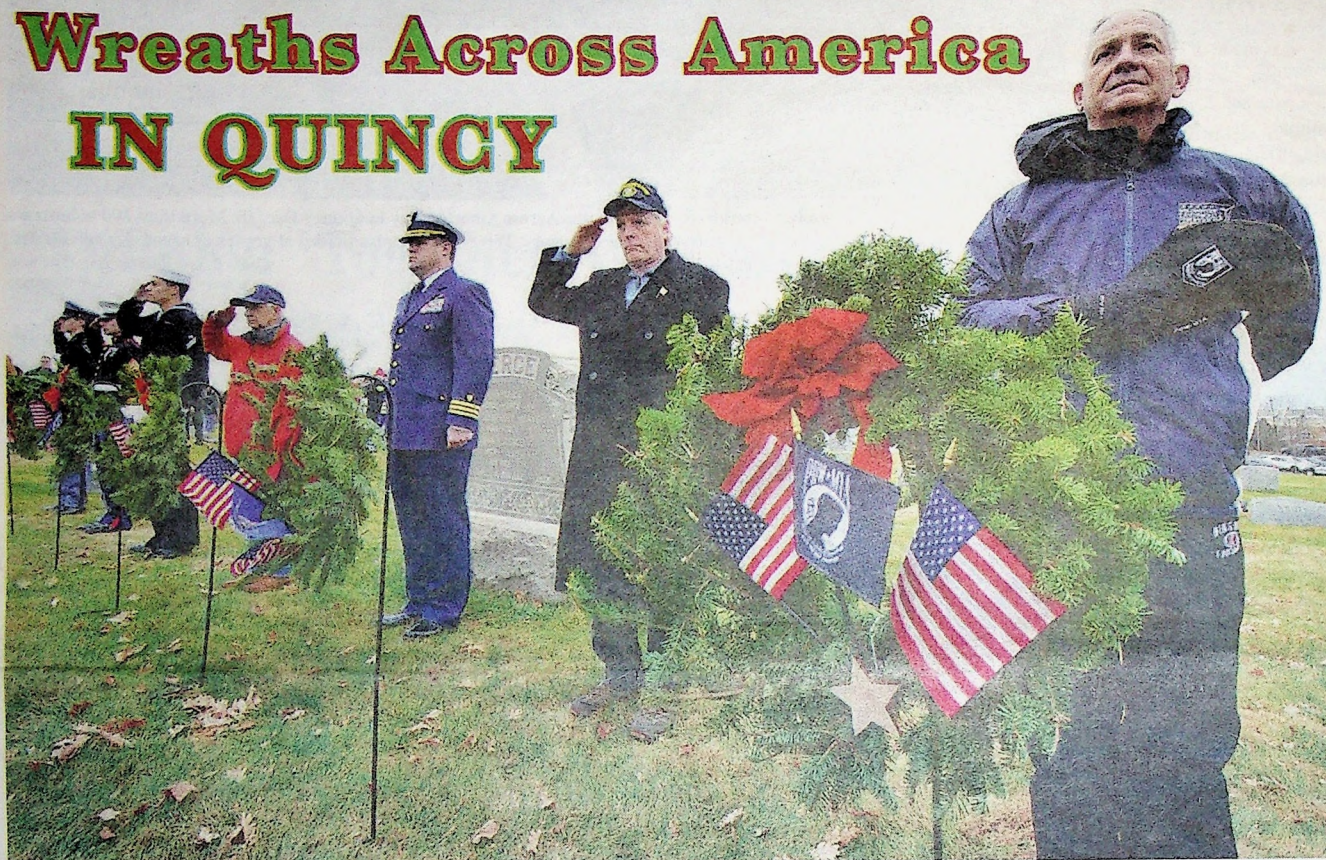
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Wreaths Across America IN QUINCY



MORE THAN 200 volunteers placed Christmas wreaths on veterans' graves at Mount Wollaston Cemetery as the city joined communities across the country during the annual Wreaths Across America Day ceremony on Saturday, Dec. 18. Photo at left: Veterans stand by wreaths representing various military branches as they salute to honor their departed comrades. Photo bottom left: Charlotte Kerfien, 10, of Quincy, places a wreath on a veteran's grave during Wreaths Across America at Mount Wollaston Cemetery. Photo bottom right: Chris Flynn of Quincy places a wreath on a veteran's grave. In all, wreaths were placed at the graves of more than 7,000 veterans' graves in city cemeteries at this year's Wreaths Across America event. Nationally, some 3,136 locations across the country participated. Over two million volunteers, a third of whom were children, helped place more than 2.4 million veterans' wreaths on headstones of our fallen across the country including Quincy. *Quincy Sun* Photos/Tom Gorman

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The Quincy Sun.com



Over 200 Volunteers Decorate 7,000 Vets' Graves

Quincy Participates In Wreaths Across America

By TOM GORMAN

More than 200 volunteers placed Christmas wreaths on veterans' graves at Mount Wollaston Cemetery as the city joined communities across the country during the annual Wreaths Across America Day ceremony Dec. 18.

"Today, we show a united front of gratitude and respect across the United States of America as we remember the fallen, honor those who served and their families, and teach the next generation the value of freedom," Quincy Veterans Services Director George Nicholson told the gathering of residents, children, veterans, and local officials.

Ceremonies were taking place in other cemeteries in the city.

"The monumental task that is being done here today, by the time the day is over, we will have laid over 7,000 wreaths for veterans in the cemeteries in the City of Quincy," Nicholson said. "That is thanks to you."

Mayor Thomas Koch expressed appreciation for the support the city shows its veterans.

"It's good for you to be here," he said. "Those in the community that come out to support our veterans is tremendous."

Koch spoke of the wreath's symbolism and why it is made of evergreen.

"When you look around now you see a lot of trees without their leaves," he said. "The deciduous trees drop their leaves and, in the spring, the time of renewal, will come out again. But the evergreen tree stands tall throughout the winter. It stays that evergreen. Whether it's balsam or cedar or fir, it is used to create the wreath."

The mayor explained that the wreath's association with the military goes back centuries.

"The Romans used the wreath to reward returning soldiers when they came home to honor them for their service," he said. "In Christianity, the wreath represents really what sums up the faith, God's unending love. The wreath is in a circle - no beginning, no end. Our loved ones here that we honor today, we will never forget them. They are on the other side of eternity. Some day we will all be reunited in the halls of Heaven. So, in the meantime, let us continue to honor them, tell their stories so that we may never forget, and future generations will understand there is a cost to freedom."



ATTENDEES PAUSE to remember veterans during Wreaths Across America Day in Quincy Dec. 18. More than 200 volunteers placed wreaths on veterans' graves at Mount Wollaston Cemetery. Wreaths were also placed at graves at other city cemeteries. In all, 7,000 veterans graves were decorated.

Quincy Sun Photos/Tom Gorman



VOLUNTEERS REMOVE wreaths from boxes as they head out to place wreaths on veterans' graves at Mount Wollaston Cemetery.

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A VOLUNTEER carries wreaths that will be placed on veterans' graves.



PASSING THE GAVEL – Newly elected City Council President Noel DiBona is presented a ceremonial oversized gavel from immediate past City Council President Nina Liang at Monday night's swearing in ceremony for city councillors in the Great Hall of the James R. McIntyre Government Center (old City Hall). *Quincy Sun Photos/Scott Jackson*



MONDAY'S SWEARING-IN ceremony for city councillors was held in person at the Great Hall of the James R. McIntyre Center (old City Hall) as well as remotely for those city councillors who opted to take their oath online. Five city councillors attended the in-person ceremony and share a moment here with Mayor Thomas Koch. From left to right: Ward 1 Councillor David McCarthy, Councillor at-Large Nina Liang, Mayor Koch, new City Council President Noel DiBona, Ward 3 Councillor Ian Cain and Ward 2 Councillor Anthony Andronico. Sworn-in separately (not shown) were Councillor at-Large Anne Mahoney, Ward 4 Councillor Brian Palmucci, Ward 5 Councillor Charles Phelan and Ward 6 Councillor William Harris. Palmucci and Harris were sworn-in in person earlier in the day at City Hall. Mahoney and Phelan were sworn-in remotely.

DiBona: 'Together, We Can Work To Make Quincy Better'

New City Council President

By SCOTT JACKSON City councillors and Mayor Thomas Koch can work together to make Quincy a better city, newly minted City Council President Noel DiBona said in his inaugural remarks Monday evening. DiBona was elected

council president by his peers by acclamation Monday evening in the Great Hall of the McIntyre Government Center at a ceremony to mark the start of the new City Council term.

Monday was the first time councillors have convened in person since March 2020. Five councillors – DiBona, Anthony Andronico, Ian Cain, Nina Liang and David McCarthy – were sworn-in

in-person at the evening's ceremony. Two other councillors – Charles Phelan Jr. and Anne Mahoney – joined them virtually while William Harris and Brian Palmucci were sworn-in earlier

in the day.

DiBona, who turned 47 in December, is now serving his fourth two-year term as an at-large councillor after serving two years on the

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Virtual Public Engagement Opportunity On Housing Production Closes Jan. 17

The City of Quincy, through an advisory committee, and in partnership with the Metropolitan Area Planning Council (MAPC), is continuing the process of developing a new five-year Housing Production Plan (HPP).

HPPs are plans that help municipalities better understand local housing need and demand; development constraints and opportunities; and their vision for future development with a focus on affordable housing. To date, the city has established and met with a 10 member advisory committee; held a focus group with service providers; and has hosted a public webinar.

The city has also launched an "online open house," which is a virtual activity where residents can learn more about housing and participate in survey questions that will better inform the development of the housing production plan itself. The online open house is located at: mapc.ma/housing-quincy-open-house-1 and will close at 11:59 p.m. on Monday, Jan. 17.

For more information, individuals may contact Emma Battaglia, Senior Housing & Land Use Planner at MAPC (ebattaglia@mapc.org) or Sherry Zou, Housing Programs Manager at the City of Quincy (szou@quincyma.gov).

Candlelight Vigil Thursday United First Parish Church

United First Parish Church will host a candlelight vigil Thursday, Jan. 6 from 5:30 to 6:30 p.m. on the steps of the church to mark the one year anniversary of the insurrection on the U.S. Capitol.

The public is welcome to attend. Face masks and social distance are encouraged.

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Moments in time

THE HISTORY CHANNEL

• On Jan. 22, 1779, famed Tory outlaw Claudius Smith meets his end on the gallows in Goshen, New York. Nicknamed the "Cowboy of the Ramapos" for his use of guerrilla tactics against Patriot civilians, legend has it that Smith's skull was filled with mortar and included in the edifice of the Goshen Court House.

• On Jan. 21, 1789, "The Power of Sympathy or the Triumph of Nature Founded in Truth" is printed in Boston, the first novel by an American writer to be published in America. Early editions did not carry the author's name, but a later printing credited Sarah Wentworth Apthorp Morton.

• On Jan. 23, 1855, John Moses Browning, sometimes referred to as the "father of modern firearms," is born in Ogden, Utah. Many of the guns whose names evoke the history of the American West -- Winchester, Colt, Remington and Savage -- were based on Browning's designs.

• On Jan. 17, 1953, a prototype Chevrolet Corvette sports car makes its debut at General Motors' Motorama auto show at the Waldorf-Astoria Hotel in New York City. The Corvette was named for a fast type of naval warship.

• On Jan. 19, 1977, President Gerald Ford pardons Tokyo Rose, a Japanese-American woman named Iva Toguri, who broadcast Axis propaganda over the radio to Allied troops during World War II.

• On Jan. 20, 1980, President Jimmy Carter proposes to the United States Olympic Committee that the 1980 Summer Olympics be moved from Moscow if the Soviet Union failed to withdraw its troops from Afghanistan. The USOC later voted to boycott the Moscow games.

• On Jan. 18, 1996, Major League Baseball owners unanimously approve interleague play for the 1997 season. The owners' vote, which called for each team to play 15 or 16 interleague games, broke a 126-year tradition of teams playing only within their league during the regular season.

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Recycling Christmas trees

Pine needles dry quickly but decompose slowly, making excellent groundcover around foliage, especially creeping plants such as strawberries. If you live near a lake or pond and your tree is chemical-free, toss branches into the water to make sheltering habitat for fish. Use branches as "starters" for a firepit. — Brenda Weaver

Source:
www.thisoldhouse.com



Son Beams

By ROBERT BOSWORTH

Remembering Paul Moody

"Is he in?"

A familiar voice called out from the Sun front lobby. I couldn't see the face from behind my computer in the rear of the office. But I knew exactly who it was.

And his presence and visits always brightened my day. It was Paul Moody. He stopped in to see me every few months for many years. He was eager to share with me news about Flags for Veterans Island and the Sons of the American Legion Squadron 294. Or tell me about events they held or other good deeds they did for veterans.

Sometimes, it was just a friendly visit, checking in on me and seeing how things were going at the paper.

Paul Moody became a dear friend to me and we shared some special bonds. He and I both had the same birthday — Nov. 16. And our fathers also had the same birthday — Sept. 13. It felt like family when Paul was around.

The city lost a wonderful man and champion of veterans' causes Dec. 28. Paul Moody passed away after a lengthy battle with a rare disease. He was 75. Obituary on Page 19.

Paul Moody — an affable and kind-hearted soul — was synonymous with the Sons of the American Legion and Flags for Veterans Island. He was more than the visionary of that patriotic island that bears 400 flags and over 600 bricks for veterans deceased or still serving. He, along with his beloved wife Karen, were the caretakers and custodians of the island. Decorating the island for Memorial Day and Veterans Day and coordinating observances there twice a year was a labor of love.

The island was Paul's idea after visiting a similar display in Cohasset years ago. It was Memorial Day 2009 and he and some other members of Squadron 294 had visited the town's Field of Flags or Healing Field.

Paul reflected on the island's inception in a 2013 interview.

"I said, 'that's something Quincy should have.' So we were sitting at a meeting and Ray Cattaneo (Morrisette Post member and former Quincy Park director) was there. We approached Ray and we told him we were looking for an island to build Flags for Veterans," Paul recalled.



PAUL MOODY served as the commander of the Sons of the American Legion for more than 10 years. He was the visionary behind "Flags for Veterans Island" at Fort Square.

Quincy Sun Photo/Robert Bosworth

"He called me up and he said, 'We have the island at Fort Square. Take a look at it.'

"I said 'It looks big.' But once you get the flags on there it won't look so big anymore."

And so Flags for Veterans Island at Fort Square was

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SONS OF THE AMERICAN Legion Commander Paul Moody (left), Morrisette Legion Post and Squadron 294 Past Commander Stephen Fowles (center) and Sean Griffin, member of the Sons of the American Legion, Squadron 294, salute after placing a memorial wreath at the base of the main flag pole at Flags for Veterans Island at the SAL Memorial Day observance in May 2017. Mr. Moody, who served as the Squadron commander for more than 10 years and was the chief architect of "Flags for Veterans Island" in Fort Square, passed away after a lengthy bout with a rare disease Dec. 28. He was 75.

Quincy Sun Photos/Robert Bosworth

Scenes From Yesterday



THIS IS A 1927 postcard view of the old Atlantic fire station when it was first built at 311 Hancock St. across from North Quincy High School. This modern fully-equipped building was set upon pilings driven into the edge of what was known then as the Montclair marshes seen in the background. This was the second Atlantic station; the first was on Newbury Avenue and is now used by the Caddy Marine Corps League. Because of the rapid growth of this part of the city at the time, the City Council had approved 10 additional firemen, two new fire engines and a new firehouse for this district. Shown

here on opening day were the new Seagrave ladder truck on the left and a new Seagrave pumping engine on the right, along with the men who were stationed here. Over time, unnoticed by anyone, the buildings pilings had shifted in the marshes' peat. In 1961, after a routine inspection, it was unexpectedly determined that the building was in danger of immediate collapse. It was quickly abandoned and later demolished. The present station was built on the same site in 1963.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1981
41 Years Ago

McCauley Hat In Mayoral Ring

City Councillor at-Large Francis X. McCauley announced that he was running for mayor of Quincy. McCauley, a 51-year old banker from Houghs Neck, had served seven years on the City Council in two split terms. He was also a member of the School Committee for six years.

In March 1969, Governor Francis Sargent appointed McCauley to a five-year term as the state appointed member of the Quincy Housing Authority.

During his announcement at the Neighborhood Club, McCauley told the group gathered there that he "suspects that there will be at least one more candidate in the race."

McCauley said his campaign slogan would be: "Frank McCauley is the right man for the right job at the right time."

KELLY PLEDGES REASONED COURSE BY COUNCIL

Ward One Councillor Leo J. Kelly was sworn into his second one-year term as Council President by City Clerk John M. Gillis.

President Kelly noted that the City Council has entered its second year of a new decade; we confront new challenges and constraints in the operation of this city government.

Items to be considered include the implementation of Proposition 2 1/2, 100 percent property valuation, school autonomy and property classification - all items that the City Council must deal with in the coming season.

QUINCYISMS

Mayor Arthur H. Tobin, chairman of the Elizabeth Serpos Fund Directors, officiated at the re-opening of the Serpos Dental Clinic. Dr. James Will, a Quincy dentist, was the director of the clinic... Mayor Tobin announced the selection of Hospital Corporation of America of Nashville, Tennessee, to run Quincy Hospital for \$400,000 to \$460,000 a year... Dependable Cleaners, with three locations in Quincy, was advertising, "Clean 3 Slacks, Only Pay for 2"... The Quincy Rotary Club played host to area senior citizens at its annual Christmas dinner held at Walsh's Restaurant in North Quincy. Helping with the serving were Rotarians President Gerry Dacey, Past Presidents Lou Cassani and Andy Walsh as well as Dinner Chairman Irving Boyes... George Riley of the Mayor's Committee on Cable Television, discussed the cable TV selection process at a meeting of the Ward 2 Civic Association... The Quincy Lions Club hosted District 33K Governor Erling Hanson and his cabinet secretary-treasurer at a regular meeting at Dutton's Restaurant. Hanson spoke of his plans and goals for the coming year... The Lincoln-Hancock School planning council met to discuss plans and activities for the coming year. Members of the council included Ron Iacobucci, Lucille Rusconi, Carol Pisino, Anneli Johnson, Mary Jo Riley and Joanne Vacca... Dr. Eugene Tyrrell announced the removal of his office to 1419 Hancock St., The Greenleaf Building... Stanley Trask was installed as president of the North Quincy Senior Citizens Club for 1981, at the Atlantic Methodist Church, East Squantum Street... Rogers Jewelers, 1402 Hancock St., Quincy Center, was offering, "Cash Now" for gold, silver and diamonds... David and Cheryl Likas welcomed a baby daughter, Danielle, born at Boston Lying-In Hospital. Grandparents are Mr. and Mrs. Russell Affsa of Quincy and Mr. and Mrs. Edward Likas of Las Vegas, Nevada... Mayor Tobin declared January 4, 1981 as "Houghs Neck Day" to honor the 345th anniversary of a 600-acre General Court land grant to Atherton Hough... Colonial Federal Savings and Loan Association, 15 Beach St., Wollaston, announced it was adding a "Student Loan" program to its list of services... South Boston Savings Bank, with a Quincy office at 690 Adams St., at Lakin Square, was offering 2 1/2-year certificates, \$1,000 minimum deposit, with an effective annual yield of 12.94% and a 6-month certificate, minimum deposit \$10,000, with an effective annual yield of 14.085%... House Speaker Thomas W. McGee (D-Lynn) commended Rep. Michael Morrissey for his 100% roll call record in the 1980 legislative session... Captain Joseph P. Flaherty, a longtime member of the Quincy Police Department, died Jan. 5 at age 78... Bethany Congregational Church was scheduled to hold an All-Church Overnight Retreat from Jan. 25-25 at 3 p.m. The retreat was to be held at the U.C.C. Conference Center in Framingham, the theme to be "Bethany Bound," a look at the future... A four-week New Bible Study will be held at Sacred Heart Church, North Quincy. Discussion to be led by Fr. Thomas A. DiLorenzo, associate pastor... Arthur M. Chandler was installed as president of the Quincy Citizens Association at a meeting held at the Montclair Men's Club. Other officers included Maria Coffin, vice-president, Saul Lipsitz, treasurer and Dorothy Kelly, secretary.

Updated 'Coffee With The Sheriff' Locations, Dates

The Norfolk County Sheriff's Office has updated its list of upcoming locations and dates for the "Coffee with the Sheriff" series in which Norfolk County residents can meet with Sheriff McDermott at local diners and coffee shops.

The Brookline, Canton, and Dedham visits, which had initially been scheduled for the week of Jan. 10th

will be rescheduled for future dates to be determined. The updated schedule is as follows:

- Jan. 7: Kristin's Breakfast (349 Washington St., Braintree) from 8 - 9 a.m.
- Jan. 20: King St. Café (390 King St., Franklin) from 8 - 9 a.m.
- Jan. 21: Connection Café (40 Union St., Hallowbrook) from 8 - 9 a.m.

- Jan. 24: The Village Griddle (14 N. Meadows Rd., Medfield) from 8 - 9 a.m.
- Jan. 25: Country Kitchen Donuts (1140 Main St., Millis) from 8 - 9 a.m.
- Jan. 27: Cilla's Coffee House (5 Liberty Ln., Norfolk) from 8 - 9 a.m.
- Jan. 28: Murph's Place (58 Broadway, Norwood) from 8 - 9 a.m.

from 8 - 9 a.m.

- Jan. 31: Toast of the Town (348 N. Main St., Randolph) from 8 - 9 a.m.

This schedule is subject to change. A full schedule of locations, dates, and times can be found on the Norfolk County Sheriff's Office website at www.Norfolk-Sheriff.com/coffee.

READERS FORUM

Respect Each Other's Perspective

I enjoy Readers Forum letters from Mr. Sal Giarratani, and I welcomed his letter/reply ("School Commitment Is Clear to Educate Future Generations") published in the Dec. 22, 2021 Quincy Sun edition to my letter ("A Few Thoughts from a Sun Reader", Dec. 16 Quincy Sun edition). Now, I would like to reply to his letter.

First, teachers overall, including those in the QPS school system, do an incredible, too overlooked, too unappreciated work, and I should had made that point clearly, and that, I deeply apologize.

But there's an underlying, unspoken, whether intentional or not, systemic racism in QPS school system. Whether intentional or not, for example, Quincy High teachers are 90+% white, while the student body's 40-50+% non-white. Why the disproportion? There are qualified non-white teacher candidates, but they're not hired. Why?

To have students see teachers of their own race / color, or to witness and experience diversity among teachers and other school professionals does wonders to students' confidence and place in society. It helps inspire them to do better in life and to treat many others more fairly, and respectfully.

Secondly, Mr. Giarratani should give more credit to the Quincy High students' peaceful protest and the news media coverage of it; both did it because it was important and the right course of action. It wasn't at all "exploitation for ratings only." Stating that seems to belittle both the protest and the interest in covering it.

Thirdly, school courses about race, and the true, factual, no matter how painful and horrible it was / is of United States history are needed, too. From slavery, lynchings of Blacks, denial of voting to Black American citizens, concentration camps housing Japanese American citizens during World War II, to fear and distrust of Middle Eastern Americans after 9/11, and currently the violence towards Chinese

Americans being unjustly and incomprehensible blamed for the COVID pandemic, all must be told and taught. "The Truth Shall Set Us Free," and make these United States truly united and free.

Finally, I don't wish to and need to get into an argument with Mr. Giarratani or anyone else on our different opinions (and God knows there are too many of that nowadays). But a respect for each other's perspective, and civil discussions are welcomed and needed.

Happy New Year to everyone in 2022 and years after.

Gene Lee
Putnam Street
Quincy

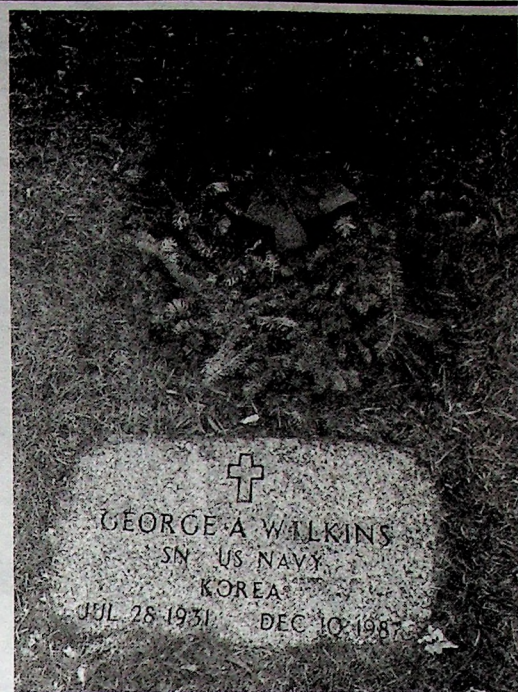
Americanisms



"The nice part about being a pessimist is that you are constantly being either proven right or pleasantly surprised."
— George F. Will



SEAN HILL of the U.S. Navy places a wreath honoring deceased sailors.



A WREATH GRACES the grave of Navy veteran George Wilkins who served in the Korean War.

Quincy Sun photos/Tom Gorman

Over 200 Volunteers Decorate 7,000 Vets' Graves

Cont'd From Page 2

Christine Cugini, who spearheaded Quincy's Wreaths Across America four years ago, said the wreaths are not meant as decorations for the veterans' graves.

"We are here to remember not their deaths, but their lives," she said. "Each remembrance wreath is a gift of appreciation from a grateful America. These

wreaths symbolize our honor to those who have served and are serving the armed forces of our nation."

She instructed the volunteers to say aloud the veterans' names as they placed a wreath on their grave and to pause and honor their service.

Cugini, a Desert Storm and Desert Shield Navy veteran, was inspired to bring Wreaths Across America to Quincy's Mount Wol-

laston Cemetery four years ago after watching a similar ceremony at the Arlington National Cemetery near Washington, D.C. the previous year.

She thanked several local families and businesses for supporting the program as well as her team for their work in making it happen.

"This is teamwork, we all play a part," she said.

Samantha Caldwell of Quincy shared a story about

her late uncle, Army National Guard Sgt. Charles "Todd" Caldwell, who was killed while serving in Op-

eration Iraqi Freedom with the 115th Military Police Company of Rhode Island in September 2003. Sgt.

Caldwell was the driver of the lead vehicle in a convoy that struck an IED (improvised Explosive Device),

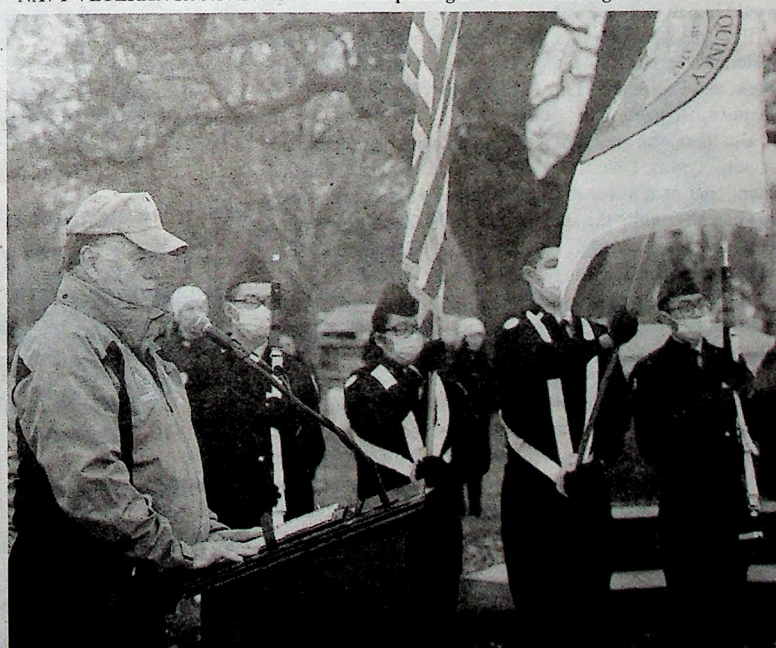
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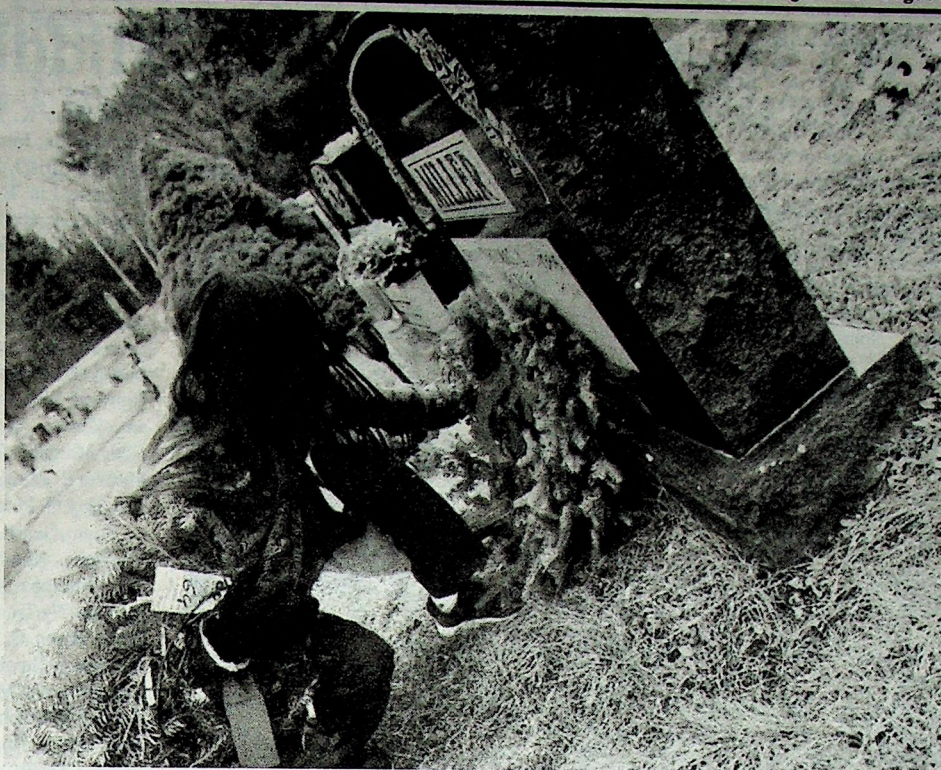
ROBERT NOBLE pauses after placing a wreath honoring Prisoners of War and those Missing in Action.



NAVY VETERAN Robert Lewis salutes after placing a wreath honoring Merchant Marines.



QUINCY VETERANS SERVICES Director George Nicholson tells the gathering, "Today, we show a united front of gratitude and respect across the United States of America as we remember the fallen, honor those who served and their families, and teach the next generation the value of freedom."



Cub Scouts Participate In Wreaths Across America

CUB SCOUTS from Pack 42 participated in the Wreaths Across America event in Quincy Dec. 18. Here they placed wreaths at veterans graves at Pine Hill Cemetery. Photos (clockwise from top left:) Wendy and Hunter Wu, of Quincy, pause after placing a wreath; Ha-My Ngyuen, of Milton, places a wreath on a grave at Pine Hill Cemetery; Samuel Chen, of Quincy, salutes after placing a wreath at Pine Hill Cemetery; and Jordon, Jayden and Ruoyuan Li, of Quincy, salute after placing wreaths on veterans' graves at Pine Hill Cemetery.

Photos Courtesy Jennifer Sammons



Quincy College Awarded Federal Child Care Grant

Quincy College has received a \$285,000 two-year grant from the US Department of Education (USDOE) that will be used to help defray the cost of child care for eligible students.

The USDOE's CCAMPIS (Child Care Access Means Parents in School) initiative was created to provide funding to support child-care programs that primarily serve the needs of lower-income students enrolled in higher education.

"Accessible, convenient, high-quality day care can

make a difference in our students' ability to pursue their educational goals," said Quincy College President Dr. Richard DeCristofaro. "This grant represents a creative solution to a problem that too often forces students to choose between their education and their family."

Quincy College has partnered with two state-certified, Quincy-based child-care centers to implement this program: the South Shore YMCA and Wollaston Child Care Center.

In order to be eligible to be considered for individual child-care assistance through the CCAMPIS program:

- Quincy College students must be enrolled in a 12-credit, full-time program and be in good academic standing; students must take two or more courses in person (at the Quincy or Plymouth campus)

- Students must have completed a Free Application for Federal Student Aid (FAFSA) form and be eligible for or currently receiving

a Pell grant based on the expected contribution.

An eligible student's child must be between 2.9 and 5 years of age. Funding for children enrolled in after-school programs is not covered by this grant, nor is funding available for child care during the College's summer session. The CCAMPIS application process includes a personal student interview.

For more information or to submit an application, visit www.quincycollege.edu/childcare.

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<i>Includes wash, cut & style</i>	

383 Students On Atlantic Middle School Honor Roll

Three hundred eighty-three students are listed on the first term honor roll at Atlantic Middle School.

They are:

HIGH HONORS

Grade 8: Ana Carolina Arrue Riofrio, Thea C. Bandzak, Nour A. Benajma, Brooke C. Blahut, Abigail

S. Cannon, Regina Caraballo, Johanna M. Castonguay, Miles Chasse, Benson Chen, Chloe Chen, Ethan Chen, Fiona Dong Yi N. Chen, Jiaqi Chen, Michelle Chen, Ryan Chen, Sharon Chen, Yifeng Chen, Wing Kiu Cheng, Adynn W. Cheung, Rose M. Crean.

John M. Della Barba, Jacquelyn G. Ferrara, Bertrand Guan, Christina Guan, Elizabeth R. Hames, Grace E. Healy, Elizabeth Hoang, Grace J. Hottelmann, Terry Hua, Xi Shi Huang, Fiona Y. Hui, Emily A. Infantino, Haaris A. Khan, Anna Kuang.

Nicholas K. Lam, Benjamin Q. Le, Jordan L. Lee, Grace Li, Iris J. Li, Jia Yan Li, Cyrus Lin, Evan S. Lin, Nickie Lu, Bai Ying Ma, Hadley R. MacDermott, Sarah Malushi, Kylie M. McDonald, Grace O. McMenamin, Eily A. Morris, Livia A. Ng, Aaron Nguyen, Brady K. Nguyen, Justin Nguyen, Nicolas K. Nguyen, Kevin Noti, Markel Noti, Margaret R. O'Brien, Marissa E. Palmer, Zhi Yuan Pan, Huy Q. Phan.

Brian Quach, Anna G. Ruggiero, Luniva Shrestha, Giuseppe V. Talarico, Jasmine N. Tran, Owen T. Tran, Vivian C. Walker, Yi Xin Wang, Nicole G. Wong, Katherine Wu, Melinda Wu, Ruqi Xu, Stephen Yu, Jasmine Zhao, Devin Zheng, Jiajun Zheng, Mike Y. Zheng, Vicky Zheng, Monica Y. Zhou, Joshua Zhou.

Grade 7: Samuel J. Abrahamovich, Muhammad K. Al-Zubaidy, Nicholas A. Ambroult, Mia Y. Blydenburgh, Bryce A. Bonner, Adam Z. Chen, Emily Chen, Junan Chen, Kalvin Chen, Maggie X. Chen, Qian Chen, Samantha Chen, Sarah S. Chen, Willson Chen, Wilson Chen, Bonnie Ching, Arpon Chowdhury, Sophia Contreras Tosato, Anya M. Coulter.

Emily Y. Dai, Delana Dang, Livia Fantin, Nora R. Ganno, Ava B. Geary, Delilah R. Giordano, Anna K. Greene, Jennifer Guan, Xi Yu Huang, Kathleen T. Joseph, Tejasvi S. Kalluri, Jaden T. Li, Michelle X. Li, Kelly Lin, Zhi X. Lu, Josephina R. Magnarelli, Alyssa K. McDonagh, Jiayu Mei, Lucy E. Morkan, Edward D. Nguyen.

Lucas M. Ortiz, Nathaniel A. Perez, Valentina G. Pomalaza, Warrick T. Quon, Isabella K. Roach, Emily Rosenthal, Leann Ruan, Jada N. Tran, Kayley C. Tsang, Grace C. Warren, Milly L. Wu, Elly Yang, Janet J. Zhao, Jaron Zheng, Derek Zhu, Lillian Z. Zou, Sophia S. Zou.

Grade 6: Matilde G. Baldini, Lilah G. Barry, Elijah Thomas T. Benedicto, John A. Castonguay, Chloe O. Chan, Hongching H.

Chan, Jennifer Chen, Joanna Chen, Xitong Chen, Randy Cheung, Justin Chow, Julia S. DeOliveira, Oisin Fakherty, Ella R. Grimes, Ivan Jiang, Jana M. Kafih.

Anh Quynh Le, Edison Li, Kingsley S. Lin, Maggie Lin, Vincent Lin, Nina Liu, Yinqi Liu, Shannon I. McCarthy, Claire A. McGuckin, Cash L. Murphy, Ryan J. Ng, Vivian T. Ng, Ethan K. Nguyen, Kylene T. Nguyen, Audrey M. Perry, Gabriella Ramos, Isabella Scarnici, Patrick J. Skehan.

Noble Urapepon, Vedant Varule, Nathan Wang, Eva Wong, Sophia Q. Xu, Marc Yen, Michelle Yi, Wilson Yu, James L. Zhao, Chenrui Zheng, Nathan Zheng, Stephanie Zheng, Elaine Y. Zou.

HONORS

Grade 8: Emmet V. Allen, Matthew B. Amador, Kareem M. Amer, Jackson Baldini, Jayden D. Cahill, Michael R. Cavicchi, Kate Lynn T. Chan, Kathy Chen, Queenie Chen, Lex G. Chin, Logan C. Chin, Isabella G. DiSciaccia, Jayla P. Dodson, Alyson H. Doyle, Mustapha Faye, Grant T. Fuller, Camila I. Guevara Gonzalez.

Lailah S. Higgins-Smith, Yingxuan Hou, Shiyi Huang, Wilson O. Huang, Celine Jewel G. Isip, Victoria Kaczmarek, Joseph G. Kilduff, Kiley N. Kimball, Brandon C. La, Kenneth Le, Cameron J. Leiman, Athena S. Li, Kyle Li, Yuqing Li, Crystal Lin, Jayden H. Lin, Vincent Lin, Vincent Lin, Jacob D. Manion, Anna M. Mei, Miko K. Nguyen, Jake M. O'Connell, Jolie Quynh Pham, Torin G. Pitta, Henry Puka.

Alexander Schaareman, Jake C. Tallent, Kim Ngan Ton, Nguyen Anh Huy Tran, Dylan M. Trenkle, Khang Trieu, Leo Wang, Delaney A. Wood, Jennifer Yang, Leila Yang, Rain Yao, Jianhao Yu, Alex X. Zhao, Jason Zhao, Brian Y. Zheng, Ella Y. Zheng, Nina J. Zheng, Vicky Y. Zou.

Grade 7: Zahara M. Abdul-Shafi, Joseph Addoum, Joelliana E. Anderson, Jose Antonio Arrue Riofrio, Anthony T. Ater, Angel M. Augustin, Grace V. Bohan,

Mason A. Bush, Bryee D. Cahill-Jones, Joseph M. Carroll, Kodye C. Cavalier, Matthew B. Cerone, Honglei H. Chan, Eric J. Chen, Michelle Chen, Sylvia Y. Chen, Iris Q. Chiu.

Kimara O. Collins, Sebastian N. Contreras Tosato, Kayla H. Dailey, Camila N. De Jesus Suazo, Emily Do, Jessica Do, Henry J. Gates, Miles J. Gowell, Chloe E. Guia, Mandy M. Hu, Kyle Huang, Ryan H. Huang, Cohen Jean, Ryan W. Johnson, Timothy J. Jonah, Cameron A. Kingsbury, Ethan Li, Jenny Li, Taojie Li, Zhiheng Li, Shenghao Lin, Leila Liu, Andy K. Lowe, Breven C. Lyons.

Elizabeth Grace L. MacDonald, Amelia G. Mattie, Dylan M. McColle, Kevin P. McMenamin, Jowens E. Merone, Kimberly S. Mesias, Elias L. Mezoud, Saksham P. Nagmoti, Vanessa Nguyen, Brittany G. Orellana, Matthew W. Pan, William M. Powers, Xujie Qiu, Dua Rafaqat.

Liam T. Silverman, Oliver Tavares, Allen L. Viera, Damaisa N. Williams, Jakub Rizal C. Wilson, Chaojun Xu, Thomas Yang, Barry Zhang, Vanessa M. Zhao, Rachel Zheng, Jayden Zhong, Ling Zhuo, Xin Yu Zhou.

Grade 6: Mason C. Ayer, Nolan K. Ayer, Jacob Campbell, Thomas Cannon, Andy Chen, Jennie Chen, Jiale Chen, Junheng Chen, Owen Chen, Raymond Chen, Ruijia Chen, Shirley Chen, Yulina Chow, James J. Conroy, Kenneth A. De Leon, Sophie H. Dechelis, Xiran Deng.

John M. Franceschini, Samire D. Gerard, Amara J. Hall, Anthony R. Hemeon, Chuhong Huang, Vicky X. Huang, Jack K. Irwin, Adem Iskenderoglu, Emily Jiang, Jacob A. Kelliher, Clara J. Kennedy, Lucy Kou, Evelyn Lee, John Leung, Justin Lin, Pei Kun Lin, Yuchen Lin, Kayla Liu, Kendall M. Lyons.

Cole A. MacIsaac, Vienna S. Mai, Jackson J. Harvey-Manning, Faye J. McGrath, Joyce Mei, Alexandra Murray, Eoin G. O'Connell, Paul E. O'Connor, Siobhan E. O'Connor, Max E. Palmesano, Andy Pan, Junyu Pan, Ruoyi Pan, Emanuel O. Pomalaza, Alexander J. Robles, Keira Saavedra, Vanessa M. Shuris, Carmen Tan, Mio Rong Tan, Lam P. Tran.

Noah B. Walt, Daniel Wu, Henry Wu, Michelle Wu, Ryan Yang, Xiao Qing Yang, Piper G. Yanovitch, Kathy Yu, Nelson Y. Zeng, Yantong Zhao, Grayson Zheng, Katy Zheng, Kingsley Zheng, Perry S. Zheng, William Zheng, Jacky Zhu.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Cauliflower And Broccoli Casserole Recipe

By MARIE

My niece, Anita, who lives in Arizona sends me recipes once in a while and recently sent me this delicious casserole recipe, she is a wonderful cook so I know that you will all enjoy this crowd pleaser.

Ingredients and Directions

Prep time 20 minutes, cook time 25 minutes

8-10 servings

2 heads of cauliflower, broken into florets

1 head of broccoli, broken into florets

3 tbsp unsalted butter divided

1/4 cup breadcrumbs or panko

1/2 yellow onion, diced

1 clove garlic, minced

2 tbsp all-purpose flour

1/2 tsp red pepper flakes

2 cups sharp cheddar cheese, shredded

1/2 cup parmesan cheese, grated

Salt & pepper to taste

• Fill a large pot halfway with water and bring to a boil over high heat

• Cook cauliflower and broccoli florets for 6 minutes

• Remove cauliflower and broccoli florets from heat

• Strain then place back in the empty pot

• Return the pot to the heat, toss the veg-

gies for 2-3 minutes to release steam and dry them out

• Then remove from the heat and set aside

• In a large non-stick skillet, melt 1 tbsp butter

• Add the breadcrumbs and toast until fragrant and browned - Set aside

• Wipe out the skillet with a paper towel

In the large clean skillet, melt 2 tbsp butter; sauté onion and garlic in the butter over medium heat for about 2 minutes or until onion is translucent.

Add flour and red pepper flakes and whisk to combine and cook for 1 minute.

Slowly whisk in milk until flour is dissolved and cook for 2 minutes until slightly thickened. Stir in cheeses until melted and season with salt and pepper to taste.

Pour the cheese sauce over the cauliflower and broccoli florets and stir to combine and generously butter a 9" x 13" casserole dish.

Pour the cheesy cauliflower mixture into the prepared 9" x 13" baking dish and sprinkle with toasted breadcrumbs.

Bake in a preheated oven to 400 degrees for 20-25 minutes or until hot and bubbly.

Cool for at least 5 minutes before serving.

You can make a complete meal out of this side dish recipe by adding a pound of sliced pan-seared chicken.

Baked Apple Crisp

By SUZIE

"An apple a day keeps the doctor away" is not just a cliché. They really are associated with reducing the risk of certain chronic diseases, including heart disease (because of their high fiber and pectin) diabetes, even asthma and certain cancers (specifically colon and liver).

Apples ranked second for highest antioxidant activity. However, they ranked highest for the proportion of free phenolic compounds which make them more easily absorbed in the blood stream. Much of their antioxidants are actually in the peel of the apple (catechin, procyanidins, chlorogenic acid to name a few) so don't peel your apples!

It is very important to only look for organic apples. Apples are one of the most pesticide contaminated fruits there are. Even if you wash them, many pesticides are "lipophilic" which means they enter the flesh of the fruit (or vegetable) so all the washing in the world won't reduce all of them, but does help some.

Make sure you always refrigerate to ensure crispness. A bowl of apples look pretty, but in a couple of days, they will lose their crispness.

Here is a great recipe for those of you who have gone apple picking and have lots of apples to cook with! It is grain free, and refined sugar free, as well as dairy free, although I like to substitute grass fed butter instead of the coconut oil in the crumb topping. Enjoy!

Baked Apple Crisp

(Dairy-Free, Grain-Free, Egg-Free)

FILLING: 7 apples, peeled, cored, sliced into thin pieces

1/4 cup orange juice (juice of 2-3 oranges)

2 tbs. raw honey (melted to liquid)

1 tbs. pure maple syrup

2 tsp. cinnamon

1/4 tsp. nutmeg

In a large bowl, mix together apples, orange juice, honey, maple syrup, cinnamon and nutmeg. Pour into a pie dish and bake at 350 degrees for 45 minutes. Remove from the oven to sprinkle crumble on top.

CRUMBLE TOPPING: Mix together

1 cup almond flour/meal

2 tbs. finely ground pecans

4 tbs. raw honey (melted to liquid)

2 tbs. coconut oil or butter (softened),

Sprinkle on apples and bake at 350 for about 20 minutes.

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Social Security Matters

Ask Rusty: Should I Quit Work to Preserve My Social Security Benefit?

By RUSSELL GLOOR

National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I recently took a big pay cut in my job. Several older friends have advised that I not continue to work much longer in this reduced paying job because it will affect my Social Security when I get ready to start drawing it. I'm currently 62 and thought about working until around 65. Friends are advising that my SS check will be smaller due to the decrease in pay. I have tried calling my local and National Social Security office and can't get anyone to answer the phones to see if this is true. I don't want to take this pay cut only to work (maybe) 3 more years and take a lower SS benefit when I can retire now and draw a bigger SS check. Advice please! **Signed: Anxious About Social Security**

Dear Anxious: I think your well-meaning friends are causing you unnecessary anxiety, because your Social Security benefit isn't computed from your last several years of earnings. Rather it is your lifetime earnings which determines your base Social Security benefit, known as your "Primary Insurance Amount" (PIA). Your PIA is what you get if you claim exactly at your full retirement age (FRA) which, for you, is 66 years and 10 months. If you claim SS before your FRA, your benefit will be permanently cut (by about 29% if you claim at 62 and about 12% if you claim at 65).

Your PIA is computed using the highest earning 35 years of earnings (adjusted for inflation) over your lifetime, and your most recent earnings would affect your SS benefit only to the extent they are among the lifetime 35 years used. If you don't yet have a full 35 years of earnings, then to quit working now would actually hurt your SS benefit, because SS always uses 35 years to compute your benefit, even if you don't have a full 35 years of earnings. In that case, they would use "zero" earnings for enough years to make it 35, and those zero-earning years would mean a smaller benefit. So even if your recent earnings are lower than before, they are still more than the \$0 that SS will use if you don't have at least 35 years, so those lower earnings will help your SS benefit not hurt it.

The bottom line is this: your actual SS benefit won't be cut just because you now have lower earnings; rather your benefit will be based on your highest earning 35 years over your lifetime. But any benefit estimate you now have assumed you would continue to earn at your most recently reported level until you reach your FRA so, whether you stop working now or just take a lower salary, your actual benefit when you claim will be less than your recent estimate from Social Security. Note too that it is a common misconception that SS benefits are based on the last ten years of earnings, but that is incorrect. Your benefit amount will be computed using your average monthly earnings over your lifetime (the 35 years in which you earned the most, adjusted for inflation).

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

15 Students On St. Agatha Honor Roll

Fifteen students from Quincy are listed on the first term honor roll at Saint Agatha School in Milton.

HIGH HONORS

Grade 5: Mackenzie Florindo.

Grade 6: Colleen Keil, Jacob Lai, Wyatt Rogers, Madelyn Sahady.

Grade 7: Jack Leuchte, Paulina Lydon, Jacob

Gratch.

Grade 8: Sean Keil, Cady Kurdari.

HONORS

Grade 5: Libby Grattan, Aubrielle Kelly, Amy Te-wodros.

Grade 6: Kaelynn Clifford.

Grade 8: Lukas Te-wodros.

Police Attend DA Morrissey's Seminar On Fatal Police Shooting Investigations

Quincy PD Has Not Had A Fatal Shooting In Over 14 Years

Norfolk Dist. Atty. Michael Morrissey recently hosted more than 50 members of area police departments at a two-hour seminar on how his office conducts investigations into fatal police encounters. Seventeen Norfolk County departments attended, including Quincy's Police Chief and eight department members.

"Massachusetts experiences among the fewest police shootings in the nation," Morrissey said. Since the year 2000, Norfolk County has seen roughly one fatal police encounter every other year.

"A Washington Post national project two years ago found one fatal police encounter per 1.35 million population in Massachusetts—third lowest behind Rhode Island and North Dakota, with zero that year," Morrissey said. "At the other end of the scale, states like Oklahoma and New Mexico had 9 per million—12 times the Massachusetts rate."

Massachusetts statute vests each district attorney with the authority to investigate all unattended deaths in his or her district, including homicides, suicides, overdoses, and others not attended by a clinician.

"That includes fatal po-



NORFOLK DISTRICT ATTORNEY Michael Morrissey, standing, recently hosted more than 50 police officials at the Sons of Italy Hall in Quincy for a seminar on how his office investigates fatal police encounters.

Courtesy Photo

lice shootings," Morrissey said. "It can only help the process if police unions and union attorneys understand—before the shooting occurs—what our process is, how we are bound by the Supreme Court standard on use of force, what outside factors impact our timeline, and what our non-negotiables are going to be."

Morrissey publishes police shooting final reports on the office website. "We invited all of the stakeholders to come together—from patrol officers to chiefs,

town counsels to attorneys representing police groups," Morrissey said.

Quincy Police Chief Paul Keenan was accompanied by Capt. John Dougan, Richard McCusker, Joseph Lenski, Mark Kennedy, Joseph Donnelin, James Goldrick, William Lanerjan, and Det. Sgt. Jennifer Tapper.

In addition to District Attorney Morrissey, Massachusetts State Police Lt. John Fanning and Det. Lt. Brian Tully from the DA's homicide unit conducted the seminar. Weymouth Po-

lice Chief Richard Fuller also presented on his department's implementation of body worn cameras and cruiser mounted cameras.

"Body cameras are proving to be important in many investigations," Morrissey said. "They do not always provide an optimal view—particularly when an officer is on the ground or behind cover—but they can be both a strong tool for providing clarity to investigators and providing added transparency and confidence for the public."

MA Launches New Quit Smoking Public Awareness Campaign

The Department of Public Health (DPH) announces the launch of Take the First Step, a campaign to help adults quit smoking, vaping, or using other tobacco or nicotine products. The campaign encourages residents considering quitting tobacco or nicotine products to take the first step by calling the Massachusetts Quitline (1-800-QUIT-NOW) or visiting mass.gov/quitting.

"DPH has a long history of smoking cessation programs aimed at reducing access to and the influence of tobacco and vaping products in our communities," said Acting Public Health Commissioner Margret Cooke. "Making the decision to quit smoking can be overwhelming. This program provides a pathway of support and resources for residents who want to stop using tobacco and nicotine products. It's never too late to quit."

The Take the First Step public awareness campaign will run on TV, radio, social and digital media, on

billboards and in print ads in select cities and towns across the Commonwealth in English and Spanish.

Residents who enroll in the Quitline program have access to specially trained coaches who work with them to develop individualized plans and provide ongoing support. The program is free and has helped many

residents quit for good. Residents can also enroll and receive coaching services online via e-chat. Medically eligible residents (18+) may get eight weeks of free quit medicines (patches, gums, lozenges) after talking with a quit coach.

Residents who enroll in the Quitline program will receive:

- Help making a quit plan. Quit coaches can offer advice on medicines and how to get through cravings.
- Support for people who have already quit and need help staying nicotine-free.
- Connection with local one-on-one counselors and quit-smoking groups.
- Multilingual support —

Cont'd On Page 11

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On Wednesday, Dec. 22, 2021 at approximately 1 p.m., Officer Sansevero and Officer Connolly were dispatched to Monti Granite, 266 Centre St., Quincy on a report of a breaking and entering of a motor vehicle.

Officers were notified en route that the suspect was a light skinned male wearing a green jacket and red bandana who fled down Intervale Street towards Liberty Street. Officer Sansevero was in the area within moments of being dispatched and proceeded down Liberty Street. Canine Officer Fitzgerald and his partner Ragnar also assisted on the call and proceeded down Brooks Avenue to try to locate the suspect.

Officer Sansevero made his way to Centre Street and spoke to the victim. The victim told Officer Sansevero that a witness saw the suspect standing at the victim's open front passenger door of his white F-150 going through the center console and placing items inside his pocket, but was interrupted and then fled towards Intervale Street. Officer Sansevero requested Officer Fitzgerald to the Monti Granite Company for a possible track as he continued to search the area.

Officer Sansevero continued towards Intervale Street, took a right onto Taber Street, and saw a man matching the description of the suspect at Liberty Square. The suspect had a green jacket and was pouring out a liquid from a cup he

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer

Quincy Police Department

was holding. As the male suspect took a right onto Liberty St, Officer Sansevero could see a red bandana around his neck. He pulled over and stopped the male in front of 190 Liberty St. and placed him into handcuffs without incident. The suspect was told that he was being detained.

Officer Fitzgerald read the witness the instructions for the Show Up ID Attempt and the witness stated she understood. Officer Connolly transported the witness to Liberty Street. The suspect sat on the wall while the witness viewed him. The witness stated that the person detained was 100% the person she witnessed going through the victim's truck. The victim said that his rubber cup holder that contained miscellaneous change was dislodged and the coins were all missing. He did not believe anything else was taken from the vehicle because the suspect was interrupted by the witness.

Officer Sansevero spoke to the witness by telephone and she stated she witnessed the following: She was going into

Joe's Market Place and the suspect was in the parking lot asking her for money. She proceeded inside Joe's and notified an employee that there was someone panhandling in their parking lot.

After her purchase at Joe's, the employee allowed her to exit the back door of the store because the male panhandling made her uncomfortable. She waited as the employee asked the suspect to leave the property and then proceeded to her vehicle. She was travelling onto Centre Street towards Home Depot when she saw the suspect at the opened passage door of the white Ford F-150 placing unknown items into his pockets. Once the suspect noticed that someone was watching him, he immediately stopped going through the vehicle and proceeded down Intervale Street.

She thought it was strange that the male that was just panhandling at Joe's was rummaging through a passenger door of a motor vehicle so she immediately turned around and went to Monti Granite and asked if anyone owned the white Ford F-150. She told the victim what she observed. The victim immediately called the Quincy Police Department.

The suspect, a 51-year-old male from Boston, was placed under arrest and transported to the Quincy Police Station. He was charged with breaking and entering a motor vehicle in the daytime. Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, DEC. 24

BREAKING AND ENTERING/PAST (business), 1:24 a.m., West Squantum Street. Reporting party is on scene, tried to reset alarm noticed the front door was kicked in. Believes it happened around 7 p.m. tonight. Camera footage did not show much. Two golf carts missing. Reporting party will call back if are not returned. Report to file. Reporting party called back found golf carts on the 15th hole with significant damage and no keys. Officer McKim was notified and will make note in the report.

LARCENY (package theft), 2:10 p.m., Baxter Avenue. Female short hair wearing black and white checkered sweater, red scarf, red earmuffs they walked away towards Southern Artery Shea Street. Package was a sweater. Caller has ring footage of theft.

SATURDAY, DEC. 25

LARCENY/MOTOR VEHICLE (car stolen), 5:35 p.m., Adams Street. Car left heading towards North Quincy. Milton PD notified. Boston Police notified.

LARCENY (past), 8:26 p.m., Falls Boulevard. In QPD lobby. Reporting party states that his girlfriend is missing a bunch of jewelry. States they last saw the jewelry around Thanksgiving when she wore it. Reporting party states no apparent forced entry and no broken windows noted. Girlfriend is with reporting party but only speaks Spanish. Report.

SUNDAY, DEC. 26

BREAKING AND ENTERING/PAST (smashed in

window), 4:11 a.m., Newport Avenue. Reporting party states she pulled into work and found a bike lying across the driveway, the trash barrels tipped over and the front door smashed in. Reporting party has not entry into the building. Confirmed breaking and entering at this location. Owner was contacted and is responding to secure property. Owner provided with CAD #, report to be filed.

LARCENY (past), 5:59 p.m., Southern Artery. Wants to report past larceny from home. Report to be filed.

MONDAY, DEC. 27

BREAKING AND ENTERING/PAST (entry made), 9:23 a.m., Victory Road. Front door broken, inside ransacked. Items smashed. Report.

BREAKING AND ENTERING/PAST (made entry), 3:46 p.m., Quincy Shore Drive. Happened on camera today at 12:25 p.m. Inside items all thrown around, front door was opened but not damaged. Landlord has video on premises. Items missing, from lap top, items in hope chest, jewelry. Report filed.

LARCENY (package), 4:24 p.m., Hancock Street. See caller in QPD lobby. Someone stole package from mail-room. Report to be filed.

LARCENY (past), 5:11 p.m., West Squantum Street. Property manager - approximately 20-30 packages stolen in the front lobby. Has video of suspect. Report filed.

TUESDAY, DEC. 28

LARCENY (online), 11:17 a.m., West Street. Of

\$8,000. Reporting party needs more info and will report online. Advised to call back if she needs further assistance.

LARCENY/MOTOR VEHICLE (white Mercedes GLC), 3:46 p.m., Ricciuti Drive. No plate on car - was in inventory, located in the lot. Last seen Dec. 24. Has video surveillance of car leaving lot, at early morning. Report to be filed.

ASSAULT AND BATTERY (kids on bikes), 5:40 p.m., Sumner Street and Washington Street. Three or four kids on bikes doing wheelies in street. One was apparently struck by reporting party but got up swearing at reporting party and drove off. Reporting party will be at Point Liquors. Incident occurred in front of Rags/Alumni. Reporting party's husband tried to chase the kids, reporting party shaken up from incident. Bicyclist on white bike, white sneakers. 783 checking area/Pond Street for youths. Youths located by husband of victim. 783/784 enroute for follow up. Youths gone on arrival - report to be filed.

Total Calls for Service (Dec. 23 - Dec. 28): 820

Breaking & Entering in Past: Quincy Shore Drive, Victory Road, Newport Avenue

Breaking & Entering in Progress: West Squantum Street

Breaking & Entering MV: Hancock Street

Larceny Motor Vehicle: Ricciuti Drive, Adams Street

BBB Tip: Five Resolutions For A Fraud-Free New Year

By BETTER BUSINESS BUREAU

Pandemic aside, the loss of money, personal information, and perseverance of scammers continue with online purchase scams as the most riskiest of scams.

BBB recommends adding a few precautionary steps to the New Year's resolution list, along with the weight loss and financial goals, to help make the upcoming days and months fraud-free.

- **I resolve to be cautious with email.** Be wary of unsolicited emails from a person or a company. Remember, scammers can make emails look like they are from a legitimate business, government agency, or reputable organization (even BBB!). Never click on links or open attachments in unsolicited emails.

- **I resolve to never send money to strangers.** If you haven't met a person face-to-face, don't send them money. This is especially true if the person asks you to transfer funds using a pre-paid debit card or CashApp. Money sent to strangers in this way is untraceable and once it is sent, there's no getting it back. Scammers will try to trick you into panicking - so before making a move, think the situation through. Don't fall for it!

- **I resolve to do research before making online payments and purchases.** When shopping online, or if asked to make a payment online, research the retailer before entering payment information. Ask: Is this a person or business I know and trust? Do they have a working customer service number? Where is the company physically located? Would I be making payments through a secure server (https://....com)? Have I checked to see if others have complained?

- **I resolve to use my best judgment when sharing my personal information.** Sharing sensitive personal information

with scammers opens the door to identity theft. Never share financial information, birthdate, address, Social Security/Social Insurance number or Medicare number with an unsolicited caller.

- **I resolve to be social media smart.** Make use of privacy settings on social media and only connect with people you actually know. Be careful about including personal in-

formation in your profile and never reveal address and other sensitive information - even in a "fun" quiz. Scammers may use this information to make themselves pass as a friend or relative and earn your trust. Also, be careful when buying products you saw on social media. BBB Scam Tracker has received thousands of complaints about misleading Facebook and Instagram ads.

BBB Tip: New Year, New Finances!

By BETTER BUSINESS BUREAU

The holiday expenses may be looming on the credit card bill, or perhaps the bank balance is a little lighter from the extra gifts exchanged with family and friends.

If this is the year to reduce debt and bump up the savings account, it's not a bad idea to revisit prior financial goals.

The current COVID-19 pandemic continues to affect households. People are reassessing retirement timelines, considering where and how they live, and assessing future personal goals in the face of the new omicron variant. Several federal financial programs are coming to an end soon, and employment opportunities vary from one sector to another. As consumers look ahead to the new year, having stable financial footing may become a necessary goal to meet day to day needs.

When thinking about current finances and sticking to a New Year's Resolution, consider these tips from BBB:

- **Inventory your credit cards.** Credit cards are known to have high interest rates, and this can waste a lot of money over time. Reach out to the credit card company to see if a balance transfer offer can be used to switch to a card with a

lower rate or ask if the interest rate can be lowered. Research the financial institute where the credit card is held on BBB.org first. Read the terms and contract very carefully - there may be big penalties if a payment is missed. If you have multiple cards, decide which debt-paying strategy is best for you. Some experts recommend paying off cards with the highest interest rates first. Others recommend paying off cards with the smallest balances first. Additionally, try sending in payments throughout the month. Put the \$5 that would have been spent on a morning coffee towards debt instead.

- **Avoid wasting money on unethical businesses or scams.** When making a purchase or choosing a business, check with BBB. Making careful decisions now can save time, money, and headaches later. Research all companies at BBB.org, and check BBB Scam Tracker regularly to see what scams are happening in your area.

- **Take advantage of free tools.** There are many online tools that can help manage and reduce debt.

- **Start budgeting.** Creating a written budget and track-

Cont'd On Page 11

THE SECOND ANNUAL North Quincy Polar Plunge was held New Year's Day at Wollaston Beach. The event raised more than \$3,000 for the Jimmy Fund. It was a festive atmosphere, with plenty of plungers in the water and supporters lining the shore. As the music blared from the giant speakers and the crowd cheered on many brave souls held their breath and plunged into the chilly Atlantic for a great cause. Plungers were able to participate in a best costume contest with a prize awarded to the winner. With some very creative costumes "The Banana" took the plunge and took home the best costume of 2022 title. Here are a few photos from the plunge. More will appear in the Jan. 13th issue of The Quincy Sun.

Photos courtesy Danny Gilmartin



Investing For Beginners Library Program Jan. 12

It's never too early to start planning for retirement. On Wednesday, Jan. 12, from 7 to 8 p.m., understand why and how people invest while managing risk, and learn about different types of brokerage accounts and financial advisors with host Jeff Sullivan at the Thomas Crane Public Library.

Sullivan is a Registered Investment Advisor and president of Peacefield Financial. A results driven financial adviser, Sullivan helps his clients pursue their financial goals with accumulation, distribution, and succession strategies. His clients have come to expect professional investment



JEFF SULLIVAN

analysis, management, and consistent follow through.

Visit the Thomas Crane Public Library Events Calendar for more information.

Indian Cooking Made Easy - Online Cooking Class With TCPL And Sandhya's Kitchen

Cooking authentic Indian food has never been so easy! Join Thomas Crane Public Library and host, Sandhya Jain of Sandhya's Kitchen live online, Monday, Jan. 10, 7 to 8:30 p.m. for a free 1.5 hour class.

Jain teaches you how to make some of your favorite Indian dishes and will give you the confidence to recreate your favorite Indian food while learning about the health benefits of various spices.

Cooking has been Jain's passion for over 20 years. While she grew up learning the basics of the traditional Indian spices from her

mother, cooking in America provided her with an opportunity to teach herself how to recreate the same flavors with what was available in the grocery stores here. Sandhya's Kitchen provides a platform to share this enthusiasm for making Indian cooking easy & effortless.

Join on Zoom (meeting ID 825 2287 3068). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Thomas Crane Library's YouTube channel. Visit the library website for more information.

BBB Tip: New Year, New Finances!

Cont'd From Page 10

ing spending is one of the best ways to save money and stop spending more than what is earned.

First, figure out how much debt you have; you need an accurate picture before you can figure out your budget. Note the difference between fixed expenses, needs, and wants. If you

have debt, include repayment goals in your budget. If possible, factor in retirement and emergency savings. Save money by giving up morning coffee - and cooking at home instead of getting takeout. Factor in any alternate income that you can think of, like selling unused items or part-time work in the gig economy.

MA Launches New Quit Smoking Public Awareness Campaign

Cont'd From Page 9

English-, Spanish-, and Arabic-speaking coaches are available. Spanish speakers may call 1-855-DEJELO-YA (1-855-335-3569) directly to speak with a Spanish-speaking coach. Interpreter services are available for 200 languages.

In addition, 1-800-QUIT-NOW offers several specialized support programs:

- Support for individuals who are currently pregnant
- Support for individuals who use menthol products
- American Indian Commercial Tobacco Program
- Additional coaching and support for individuals

als who self-report having anxiety, depression, schizophrenia, bipolar disorder, ADHD, PTSD, or substance use disorder

- Program for young adults who use tobacco or vape (ages 18-24, includes

live text coaching)

- Special support for youth ages 12-17 through a program called My Life, My Quit™

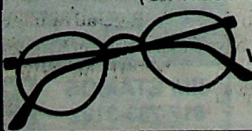
Learn more about 1-800-QUIT-NOW at mass.gov/quitting.

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Caleb Gray On Honors List

Caleb Gray of Quincy was named to the Milwaukee School of Engineering's Honors List for the 2021 fall quarter. Gray is pursuing a Bachelor of Science in computer science.

Real Estate

Quincy Real Estate Transactions Dec. 28 - Dec. 31

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Gareth Honig	Ming X. Li & Yu P. Zhou	\$249,900.00	133 Commander Shea Boulevard, Unit 417
Newbury 60 LLC	Xuxian Zhang & Yuhua Zhu	\$810,000.00	60 Newbury Street, Unit 2
Kevin D. & Kathleen M. Clifford	Nathan Long & Suzanne Yu	\$860,000.00	21 Clark Street
EJS Investments Inc.	Zeya Zhang	\$630,000.00	50 Des Moines Road, Unit 11
Wai M. Lam & Annemee Li	Xuejin Zheng, Saihua Lei & Xiaofeng Zheng	\$1,000,000.00	144 West Street
Patrick E. Cullinane & Anna L. Carey	Haizhou Pan & Liu Shi	\$460,000.00	152 Quincy Shore Drive, Unit 14
William J. Kearns Sr 2020 Revocable Trust	Yingying Rong & Jingtang Li	\$580,000.00	28 Montclair Avenue
Lynn D. & Kenneth F. Murphy, Jr.	Judith Coll	\$585,000.00	100 Marina Drive, Unit 502
David W. & Carol A. Nesti	Liyu & Peiliang Lin	\$745,000.00	186 Safford Street
Eamonn P. & Kelly M. Burke	Andre Mackenzie	\$701,000.00	78 Upton Street
Jean P. & Melissa M. Pillone	Xiu Y. Huang & Yun H. Ni	\$730,000.00	51 Independence Avenue
Mortuary Revocable Trust	Xuan Mei & Danya Ou	\$825,000.00	10 Brooks Avenue
Oscar Soto	Ashley A. Soto & Christian A. Soto	\$620,000.00	144 Plymouth Avenue
Peters Family Trust	Lin Chen	\$745,000.00	72-74 Willow Street
Fewer Family Trust	Abigail C. & Benjamin T. Leighton	\$560,000.00	32 Overlook Road
Robert G. Sweeney Supplemental Needs Trust	Ilir & Jani Tacelli	\$505,000.00	83 High Street
Helen X. Mai & Guoqing Chen	Deng Chen & Yangqing Zheng	\$390,000.00	3 Bay State Road
Kevin Keith & Rachel E. Shea	Maho Y. Yamaguchi	\$605,000.00	48 Babcock Street
Marilyn V. Robertson & Janet Twomey	Xiao Huang & Changqiao Zou	\$850,000.00	109 Billings Road
Sally E. M. & Eric Pomerantz	Xiuming Wei & Wenhua Ye	\$455,000.00	185 Quincy Shore Drive, Unit A77
Peterson Realty Trust	4749 Florence LLC	\$750,000.00	47-49 Florence Street
Joseph J. & Katherine M. McDonough	Elizabeth & David G. Morgan	\$805,000.00	153 Butler Road
Beth Veneto	Ravinder S. Chaudhary	\$715,500.00	161 Rice Road
Quincy Avenue Nominee Trust	Helen X. Mai & Guoqing Chen	\$700,000.00	216 Quincy Avenue
Dominic R. & Cleopatra P. Ferraro	Maurine McLaughlin	\$580,000.00	87 Franklin Street, Unit 301
Robert F. Scales	Frank Rubino & Khn M. Truong	\$571,000.00	50 Ames Street
Jianxiong Chen, Ying X. Wu,	Artion & Alketa Zerva	\$420,000.00	175 Quincy Shore Drive, Unit B-22
Pu Q. Wu & Su X. Xu	Tremont Quincy 1 LLC	\$1,800,000.00	71 Hancock Street
Christopher T. Winders	Xia Lin	\$385,000.00	21 Linden Street, Unit 318
Wai C. Lam & Elizabeth Mak	Shirui Lin	\$570,000.00	118 Vassall Street
Estate of Phyllis S. Strungis	Kombero Shoko	\$375,000.00	200 Falls Boulevard, Unit 208D
Ngan T. Nguyen & Jeffrey K. Than	HNQ Realty LLC	\$399,900.00	200 Cove Way, Unit 1009
Estate of Lyudmila V. Straupe-Dverin			

Register O'Donnell Warns Homeowners About Deed Scam

Register of Deeds William P. O'Donnell is reminding Norfolk County residents to disregard a direct mail solicitation offering them a certified copy of their property deed for an outrageous fee of anywhere from \$59.50-\$95. "For the past several years, a California company has been preying on unsuspecting homeowners by sending a direct mail solicitation asking them to send a check for \$95 in order to receive a copy of their deed," O'Donnell said. "If a homeowner knew that they could print a non-certified copy of their deed for free from our website www.norfolkdeeds.org or obtain a certified copy of their deed for a charge of only \$1 per page, they would never agree to pay such an outrageous fee for service. The average price for a mailed deed is \$3.37, and the current national average is 9 cents lower than Monday's national average of \$3.28 a gallon. O'Donnell continued, "are labeled Recorded Deed Notice and request that the homeowner forward a check plus an additional \$1 for postage, they would never copy of their deed. The Registry has been contacted by multiple individuals who have received this solicitation. Please do not fall for this scam."

O'Donnell added: "While the deed direct mail solicitation may be legal, it is unconscionable as it takes needless advantage of individuals. Clearly, the amount of \$95 for a copy of their deed is a scam. The Registry has been contacted by many of whom are first-time homeowners - or elderly, Consumers are interpreting these notices as a bill, since they are affixed with a date. I once again urge the strongest terms that Norfolk County citizens not let themselves fall victim to these types of misleading, O'Donnell said. "If you receive such a deed, please learn more about these events and initiatives, Deeds and other Registry of Deeds events and initiatives, also like us at facebook.com/norfolkdeeds or follow us on twitter.com/norfolkdeeds or instagram.com/norfolkdeeds. The Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registertod@norfolkdeeds.org.



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Massachusetts' average gas price is the same as last week, averaging \$3.38 per gallon, according to AAA Northeast. Monday's price is 3 cents lower than a month ago (\$3.41), and "Prices have been trending downward, which is OPEC nations to increase oil production will play a role in what prices we see at the pumps throughout the first quarter of the year."

DiBona: 'Together, We Can Work To Make Quincy Better'

Cont'd From Page 3

School Committee. In his remarks Monday, DiBona reflected on the changes seen in Quincy Center in recent years and said councillors and the mayor can work together to make the city better.

"I grew up in the '80s and '90s in Quincy, and remember buying toys at Child World, sneakers and sporting goods at Colman's, and shopping at Woolworth's. I used to love the Sidewalk Sale in Quincy Square every summer," DiBona said.

"Today, take a look at the revitalization of the downtown. We now have the farmers market back in the middle of the downtown, Kilroy Square with beer gardens and events for the citizens to enjoy, complemented with the Generals Park.

"Take a look through the windows tonight. See the beautiful lights throughout the Hancock-Adams Common. Stunning historical monuments and statues, water fountains, a place where people can come to enjoy events and activities with friends and families throughout the year.

"I share that same vision with Mayor Tom Koch; we are both visionaries. We are in different roles; he is the CEO of the city, he runs the day-to-day operations, the executive body of government, and we are the leg-

islative body. Together, we can work to make Quincy better."

DiBona highlighted a number of priorities for the city, including its school system, a new public safety headquarters, and improvements to parks and infrastructure.

"We have to maintain a first-class Quincy Public Schools system and continue to take advantage of funding for new schools with the MSBA program, like Quincy High, Central and South-West middle schools, and moving forward with a new Squantum Elementary School in the near future.

"I look forward to working with Public Buildings Commissioner Hines with school improvements at our other schools. And, the completion of the new Richard DeCristofaro special education center, our first ever in-house facility for our special education students.

"I look forward to a new public safety headquarters and continuing to have a working relationship with Chief Keenan and the Quincy Police Department, Chief Jackson and the Quincy Fire Department. It's important to give those departments the proper resources, so they can keep our citizens safe.

"This city has so much to offer our citizens, like the Thomas Crane Public Library, Our Council on Aging Kennedy Center, and a

fantastic recreation program for our kids throughout the year," DiBona continued.

"I look forward to continuing to work with Natural Resources Commissioner Murphy with purification of parks, new playgrounds, tree removals and new tree plantings, as well as pond and beach restoration. Continuing to work with DPW Commissioner Grazioso for a massive overhaul of infrastructure improvements of new roads, sidewalks, watermain, sewer replacements, and seawalls."

At the outset of his remarks, DiBona recalled being sworn-in as a city councillor at the start of his first term in January 2016. DiBona said two former city officials present that evening - City Clerk John Gillis and Mayor Walter Hannon, both of whom have since passed away - had a long-lasting, positive effect on his political career.

Gillis, DiBona said, "would always give me advice about Quincy city politics and making friends with everyone," while Hannon "would always have words of encouragement; he would say, 'kid you're doing a good job, keep it up.'"

DiBona added that former councillor Joseph Finn also made an impact on him; the two served alongside each other in 2016 and 2017.

"I had the privilege of sitting next to Joe during my first two years, it was Joe's last two years of his 16-year career as a councillor. We both had just come off a highly contested councillor-at-large race. If anyone saw Joe after the race, he was swimming in his suit that night; he had lost 40 pounds campaigning that year," Di-

Bona said.

"We sat in those two seats, right there. The very first meeting, he leans over, and says, 'do you want to co-sponsor a resolution with me.' I learned so much sitting next to Joe, how to prepare for meetings, especially during budget time. Anyone that knows Joe Finn, knows he is a man of character with a high set of values and moral beliefs."

The new council president also recognized a number of people who shaped his life growing up in Quincy Point, starting with his parents, whom DiBona said instilled in him a hard work ethic and the ability to find solutions to challenges that arise in life. DiBona also recognized a number of his teachers, professors, friends, mentors and coaches - and compared legislating to coaching.

"Coaching is like governing or legislating," he said. Sometimes, the rules are the rules, sometimes the old way of doing things don't work anymore, sometimes you have to amend ordinances, or pass new ones. Sometimes, you need to revitalize blight properties, to allow everything around that area to blossom."

In addition, DiBona recognized three veterans - Jake Comer, a past national commander of the American Legion; the late Lawrence Norton, a former commander of the Morrisette Post; and the late Paul Moody, the squadron commander of the Sons of the American Legion who passed away on Dec. 28 - who he said helped shape his career. Quincy, DiBona stated, is a city that honors and remembers its veterans.

"We are very fortunate

here in Quincy," he said. "We continue to honor and remember our military veterans. We have nice parades and veterans' ceremonies. We work with veterans' organizations and volunteer to maintain flag islands and have great events like Wreaths Across America."

At the close of his remarks, DiBona thanked his wife, Niamh, and his children for their support. He also thanked local media, including The Quincy Sun, for their communications to the public. His final thank you was to his eight colleagues on the council.

"Serving as a Quincy city councillor is a unique role in city government. A special fraternity of six ward councillors and three at-large councillors," he said. "Many served before us, many will serve after us. Let's make a difference and be remembered for many generations after us.

"In closing, thank you to my fellow city councillors, I appreciate your confidence in me as the next city council president."

DiBona on Monday also named the chairpersons for the council's three committees of the whole. Phelan will chair the finance committee, McCarthy will chair the ordinance committee and Palmucci will chair the oversight committee. Appointments to the council's remaining committees, which include five members each, were to be determined.

Andronico, who was appointed to the Ward 2 seat on the council last January and elected to his first full term in November, nominated DiBona for the council presidency at Monday's meeting.

"During Noel's time in government on the School Committee and the City Council, he's always been one to seek compromise and consensus," Andronico said. "At a time when political discourse at every level has become more negative, I feel it is important for us to have someone like Noel steer us in the right direction.

"Through his dedication to his job, Noel has pulse on the feelings of residents in every neighborhood and ward, and I feel that to be incredibly valuable during these times."

McCarthy, the Ward 1 councillor who previously served alongside DiBona on the School Committee, seconded the nomination.

"He's all about Quincy," McCarthy said of DiBona. "He's out trying to make a point for every group and every cause, trying to work with the administration on as much as he can on different things."

A crowd of approximately 30 people were present in the Great Hall for Monday's swearing-in ceremony. Among those in attendance were Koch, Norfolk County Sheriff Patrick McDermott, Sen. John Keenan, School Committee member Frank Santoro and former councillor Margaret Laforest, a classmate of DiBona's at Quincy High School.

Members of the North Quincy High School Air Force Junior ROTC posted the colors at the start of Monday's ceremony and local girl scouts then led the audience in the pledge of allegiance. Fr. Martin Dzengelski of Holy Trinity Church delivered an invocation and benediction.

Aging Strong: Mindset Reset Online Jan. 11

On Tuesday, Jan. 11 from 10 to 11 a.m. join Debbie Lyn Toomey, RN, coordinator of the Tufts Medical Center's Injury Prevention Program, live online for this program.

This session's guests will be Scherrie Keating, from Diabetes Kare Consulting for a discussion on Mindset Reset.

Everyone is welcome and encouraged to attend any or all of the sessions in this multi-part program that teaches and empowers aging adults and those who care for them with skills and ideas that decrease falls and increase independence.

The program will discuss practical and proven exercises that promote health and

well-being. Each 60-minute session will build upon the previous one(s) to deepen your aging strong experience, but you can attend any or all, depending upon your availability. They will be recorded for later viewing and sharing and made available on the Thomas Crane Public Library's YouTube channel. Join on Zoom using meeting ID 874 7134 0892 or visit the library's Events Calendar for Zoom info. Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio.

You can also view the program live on the library's YouTube channel.

Loretta Koch, 91

A funeral Mass for Loretta (Cluett) Koch, 91, a lifelong resident of Quincy, will be celebrated Wednesday, Jan. 12, at 10:30 a.m. in Sacred Heart Church, Quincy.

Mrs. Koch died at her home, surrounded by her family on Dec. 24.

The beloved wife of 52 years to the late Karl J. Koch, Sr. Cherished mother of Jeanmarie Alibrandi and her husband Frank of Weymouth, Karl John Koch, Jr. of Quincy, Kenneth J. Koch and his wife Diane of Middleboro, David M. Koch and his wife Lisa of Myrtle Beach, SC, William R. Koch and his wife Cheryl of Kingston, Mary-Lou Koch of Quincy, Brian F. Koch and his wife Tori of Norwell and the late Baby Boy Koch. Sister of Helen Cluett of Weymouth and the late Louise Benoit and Patrick Cluett. Mrs. Koch



LORETTA KOCH

was adored by her 12 grandchildren, who affectionally called her Gram or Mimi: Kara, Frankie, Ken, Jenna, Justin, Matthew, Michael, Patrick, Sean, Caroline, Brendan and Audrey; she is also survived by 8 great grandchildren and many nieces and nephews.

Mrs. Koch was born in her childhood home in Quincy. She graduated from North Quincy High School, Class of 1948.

OBITUARY

Mrs. Koch was proud to have been a lifelong member of Sacred Heart Parish, where she had made all her sacraments. She had also taught CCD at Sacred Heart; she was a devout Catholic.

For Mrs. Koch, her family and her faith were the foundation of all that was truly important to her. She will be remembered as a devoted wife, mother and grandmother who cherished her family. She was a kind soul with a generous heart, giving more than she ever received. This world has

lost a wonderful woman, but she will live on in all the hearts she has touched. She was truly a blessing to all that knew her.

Visiting hours are 4 to 8 p.m. on Tuesday, Jan. 11, at Keohane Funeral Home, 785 Hancock St., Quincy. A celebration of life service will be held in the funeral home on Jan. 12 at 9:45 a.m.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to St. Jude's Children's Hospital, 501 St. Jude Place, Memphis, TN 38105.

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 Page 17, 18, 19, 20 & 21
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 TheQuincySun.com

Make Gardening Your New Year's Resolution

By MELINDA MYERS

The New Year is filled with resolutions that usually involve dieting and exercise. Gardening is a great way to help accomplish these two resolutions, while also improving your mood, reducing blood pressure, maintaining flexibility, burning calories and much more.

Resolve to grow your own vegetables and eat healthier in the New Year. Get your family and friends involved in planning ways to include gardening into your lives.

Explore ways to incorporate vegetables and herbs into your landscape. Vegetable gardens are not the only option. Tucking vegetables into flowerbeds, mixed borders and container gardens can expand your planting space. Look for new compact and colorful vegetable varieties that fit nicely into small spaces, planters, and ornamental gardens.

Take an inventory of any leftover seeds and make a list of those seeds and any plants you need to purchase. The earlier you order, the more likely you are to obtain the items on your list.

Don't wait to start your year of healthful gardening and eating habits. Start by growing microgreens in January. They are quick, easy and require no special equipment. Plus, recent research found that many contain as much as 25 times more nutrients than the leaves of the full-grown plant.

Organize a seed swap with family and friends in winter. It is a great way to extend your plant budget and experiment with new seeds. Turn old seeds that are no longer viable into artwork with sheets of paper or small pieces of wood, glue, and some creativity.

Start vegetable, herb, and flower seeds indoors in late winter through mid spring. Check the seed packet for timing and planting directions. Create a seed starting chart or mark planting dates on your calendar to ensure seeds get planted at the recommended time.

Monitor the weather and follow the recommended planting dates for sowing seeds directly in the garden and moving seedlings outdoors. Use homemade or DIY cloches, floating row covers and cold frames to jump start the season. These capture warmth near the plants for an earlier start in the garden. They can also be used to extend the end of the growing season.

Start removing weeds as soon they appear throughout the season. These unwanted plants compete with desirable plants for water and nutrients, and many are host to disease and insect pests. Pulling weeds is also a great way to reduce stress while improving the health and beauty of your garden beds.

Harvest flowers to enjoy in summer bouquets and arrangements. Pick a few extras to share with friends. Research has found immediate and long-lasting ben-

efits generated from the gift of fresh flowers.

Pick vegetables regularly when they are at their peak for maximum productivity, flavor, and nutritional value. Share extra produce with family, friends, and the food insecure — many of which are children — in your community. Contact your local food bank, food pantry or Feeding America to donate garden fresh produce.

Cap off your efforts with a garden party. Invite fellow gardeners to bring a dish to share that incorporates homegrown vegetables. Share recipes, garden success stories, and begin planning for the season ahead.

For the recommended timing to do these and other gardening projects, check my monthly gardening checklists.

Melinda Myers has writ-



COMPACT VEGETABLE VARIETIES can be tucked into ornamental container gardens if space is an issue. Photo Courtesy MelindaMyers.com

ten more than 20 gardening books, including The Midwest Gardener's Handbook and Small Space Gardening. She hosts The Great Cours-

es "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio

program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her web site is www.melindamyers.com.

The Life Of Chinese Poetry From 1949 To The Present

How did the Chinese Communist Revolution impact the life of poetry in China?

On Thursday, Jan. 13, from 7 to 8:30 p.m. in the Meeting Room at the Thomas Crane Public Library, Stephen Haven—writer, professor, and visiting Fulbright lecturer in Chinese universities for 2 1/2 years—will present a talk on the state of Chinese poetry in the years following the 1949 Communist Revolution, including ways that poetry changed following the 1978 Democracy Wall Movement in Beijing.

Haven will illustrate his comments by reading from an anthology of contemporary Chinese poems he recently edited, "Trees Grow Lively on Snowy Fields" (Twelve Winters Press, 2021). Haven wrote the introduction to this nearly 300-page dual language (Mandarin and English) collection of contemporary poems, and along with Jin Zhong, Li Yongyi, and Wang Shouyi he served as a collaborative translator for the volume.

"Trees Grow Lively on Snowy Fields" includes poetry by 12 contemporary

Chinese poets: Duo Duo, Mang Ke, Lan Lan, Mo Fei, Tong Wei, Yu Nu, Yang Jian, Tang Danhong, Gu Cheng, Wang Jiaxin, Li Yongyi, and Zheng Min.

Copies of "Trees Grow Lively on Snowy Fields," will be available for sale following Haven's discussion.

Stephen Haven's "The Flight from Meaning" is forthcoming from London's Eyewear Publishing in 2022. His other poetry collections include "The Last Sacred Place in North America," "Dust and Bread," and "The Long Silence of the Mo-

hawk Carpet Smokestacks." He is also editor of, and one of four collaborative translators for, the 2021 anthology "Trees Grow Lively on Snowy Fields: Poems from Contemporary China" (Twelve Winters Press). Haven is Core Professor of Literature and Creative Writing at Lesley University in Cambridge.

Capacity for this event will be limited and masks are recommended.

The program is sponsored by the Friends of the Thomas Crane Public Library.



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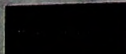
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Dotty Alexander, Ed.D., Professor of Education, Curry College, along with Curry College Education Students

Was your child's preschool opportunity presented or interrupted by the COVID-19 pandemic?
Through a partnership with Beth Israel Deaconess Medical Center, a free 8-week preschool playgroup series is available. The program is designed to provide a safe and supportive environment for young children and their families. The program is part of the COVID-19 relief efforts.

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Milton Early Childhood Alliance
a program of Discovery Schoolhouse, Inc.
495 Canton Ave., Milton, MA
Contact: info@discovery-schoolhouse.org
www.miltonearlychildhoodalliance.org

We gratefully acknowledge our funders who have helped make this program possible:
Beth Israel Deaconess Medical Center
Health Grant and
MA Dept. of Early Education and Care (EEC) Grant

Beth Israel Deaconess Medical Center
MA Dept. of Early Education and Care (EEC) Grant



PAUL MOODY, commander of the Sons of the American Legion, Squadron 294, Morrisette Legion Post, speaks at the Squadron's Memorial Day observance in May, 2015. Mr. Moody was the driving force behind the creation of Flags for Veterans Island which honors more than 1,000 deceased veterans, veterans killed in action and military still serving.

Quincy Sun Photo/Robert Bosworth



PAUL AND KAREN MOODY share a moment at Flags for Veterans Island, Fort Square, after the Sons of the American Legion, Squadron 294, Memorial Day observance in May, 2014. The island for Paul and Karen was a labor of love. What began with just 10 flags in 2009 has blossomed into a patriotic landmark featuring 400 flags and over 600 inscribed bricks - all representing local veterans.

Quincy Sun Photo/Robert Bosworth

Remembering Paul Moody

Cont'd From Page 4

born. The first year - Veterans Day 2009 - there were 10 flags. Then it blossomed - slowly but steadily - to 400 flags over the span of just a few years. Paul decided to cap it at 400 to keep the island looking neat and dignified. Instead of flags, the Squadron started selling bricks inscribed with veterans' names and branches of service. Today, more than 600 bricks have been installed along the main walkway and a second patio area on the island.

The flags and bricks - together totaling more than 1,000 - each represent a veteran: living, deceased, killed in action or still serving. Proceeds from the sale of flags and bricks have generated thousands of dollars for veterans' causes. The Squadron has hosted cookouts and Saint Patrick's Day brunches for veterans as well as visits to shut-ins accompanied with small gifts at nursing homes during the holidays. For many, it is the only expression of thanks and remembrance during the holidays.

Paul's devotion to veterans began at a very young age.

Growing up, Paul F. Moody longed to serve his country in the Navy.

The military, you might say, was in Paul's blood.

He was born into a military family, the son of the late James and Anne Moody, both Army veterans of World War II. Mom was an Army lieutenant and Dad

was a specialist 4th class.

Paul wanted desperately to join the Navy after he graduated from North Quincy High School in 1965. But a medical condition stopped him from seeing the world and serving his country aboard a mighty Navy ship.

So, Paul, in his own words, "did the next best thing."

He went to work at the Fore River Shipyard in Quincy Point.

"I thought if I can't join the Navy, then I'll do the next best thing and that's work at the shipyard. So I went down there and got a job as an electrician. They put me to work on the ships - that's where I wanted to be," he recalled back in 2013.

During the next 20 years - until the yard closed in 1986 - Paul worked on some 50 ships and sailed on 30 or 40 of them during sea trials.

"I enjoyed it. I saw the ocean and experienced life aboard a ship."

After the yard closed, Paul went to work for the Quincy Public Works Department. He worked in the Water Department for more than 25 years retiring in 2017.

The shipyard's closing was not the end of Paul's service to our nation's military. A second chapter was about to begin.

He had lost nine classmates in the Vietnam War. Surely there was something more he could do.

But for some time, he

thought he couldn't join a veterans' organization because he had not served in the military. Then, about 22 years ago, a co-worker at the DPW mentioned that because his parents had been in the service, he was eligible to join the Sons of the American Legion Squadron at the Morrisette American Legion Post.

"Basically I joined the SAL because I wanted to be part of something that helped veterans," he explained years ago. "I decided to check it out and see if I liked it. It's how I got involved and then one thing led to another. You start doing things like fundraisers and you really get into it."

"We started to visit the hospitals and nursing homes and thanking them for their service."

Paul soon became the Squadron's chaplain and then commander in 2009, a leadership position he held for 11 years until an illness in July of 2020 forced him to step down. His last public appearance was Memorial Day 2020 as the Sons held a scaled back Memorial Day observance at the island in May during the early months of the COVID pandemic.

There's no question Paul's legacy will live on with Flags for Veterans Island. And in a reciprocating way, he always insisted in sharing the success of the island's growth. He was forever grateful to all who donated money for a flag and brick, especially the Quincy



PAUL MOODY worked for the Department of Public Works Water Department for more than 25 years retiring in April 2017 as the department's Leak Detection Supervisor.

Quincy Sun Photo/Robert Bosworth

High School Class of 1966 who have stepped up to donate dozens of flags for classmates who served in the military, including some who died in combat.

Paul Moody should be remembered for the island and all the hard work and determination he expended to making it one of the city's most patriotic landmarks. Anyone walking or driving by the fully-decorated island awash in red, white and blue on a breezy spring or summer day can't help but be moved and inspired and proud to be an American and grateful for those who fought and defended our democracy. Many visit the island just for peaceful reflection and to remember those who served and are no longer with us.

Paul Moody was stead-

fast and loyal, determined and dedicated, to serving veterans. The island that he envisioned is today a beautiful beacon to those who have kept us free.

Paul always hoped that those who visit the island will recognize that the flags represent our veterans - our heroes.

"When we're on that island people go by and honk their horns and people stop and talk to us. They tell us this is great, this is beautiful," Paul said in that 2013 interview.

"That gives us a sense of satisfaction and all the guys who are with me feel the same way. They thought it would basically be for the SAL itself but it's really for the people of Quincy. They just can't believe how things have turned out."

When Paul addressed the gatherings on Memorial Day and Veterans Day at Flags for Veterans Island, he always ended with this thought: "Freedom is not free."

"That's what these flags truly represent," he'd say. "That's the only thing that I've always thought of. You have to realize that if you didn't have people who went into the service, you wouldn't be here today."

"The veterans are paying with their lives. That's why it's not free."

Paul Moody embodied service and selflessness. While he always reminded us to thank a veteran, we need to thank Paul Moody. Like the veterans he remembered, he made a difference.

He will never be forgotten.

Quincy Girls' Basketball Wins Holiday Tournament

Alyssa Hopps Hits Buzzer-Beater 3-Pointer To Give Presidents 45-42 Victory Over SL

By TOM JOYCE

Sometimes, one shot makes all of the difference in a basketball game – and sometimes, that shot can come from one of the youngest players who participated in the contest.

That was the case for the Quincy High girls' basketball team Dec. 30.

The Presidents played a competitive game against the Silver Lake Lakers. It was a tie ballgame in the final few seconds. However, the Presidents were able to get the game-winning shot to win this one, 45-42. It was the championship round of the Quincy High School Holiday Tournament. With the win, the Presidents improved to 3-3 on the season.

In the final stretch, it looked like the game could go the way of the Silver Lake Lakers. However, that didn't turn out to be the case.

The Presidents recovered a rebound after a missed shot by Silver Lake. Freshman forward Alyssa Hopps got possession of the ball for the Presidents and sprinted down the court with just a few seconds left in the game. She didn't have enough time to try a lay-up because otherwise the clock would have expired. Instead, she went for the three-pointer as time expired. It worked. Her shot went into the basket and gave the Presidents a 45-42 victory.

Had she missed the shot, the Presidents could have ended up losing the game; it would have gone into overtime.

While Hopps shined in that moment for the Presi-

dents, she was also the team's top contributor on offense for the duration of the game. Her 19 points were a team-high in the victory.

While the game came down to the final tick of the clock, the Presidents were still in the game because of a dominant stretch they had in the first half. While the game was evenly matched in the first quarter, with each team putting up 11 points, things were a lot different in the second quarter. In it, the Presidents only allowed one basket, outscoring their opponent 13-2. While the Presidents played tough defense for much of the contest, the second quarter marked their best defensive performance of the game from a number standpoint.

As a result of this strong second quarter performance, they went into halftime with a 24-13 lead – which Silver Lake was eventually able to wipe away late in the second half.

Silver Lake's offense came to life in the third quarter, scoring more points than the team did in the entire first half alone. Silver Lake put up 15 points while the Presidents scored seven. As a result, it was a one-score game heading into the fourth quarter, 31-28. That said, Silver Lake outscored the Presidents in the second half overall; however, neither team outscored one another in the fourth quarter.

With the win over Silver Lake, the Presidents had won three of their last four games. After starting off the season with losses to Malden Catholic (57-49) and Marshfield (38-25), the

Presidents defeated Plymouth South (50-37), had a tight loss to Duxbury (46-44), and had a sizable win over Milton. The Presidents downed Milton 57-37 in the first round of the four-team Quincy High School Holiday Tournament, a four-team tournament, on Dec. 29; that was the team's biggest win so far this season in terms of margin of victory.

Even though the Presidents have enjoyed success as a team so far this season, they're one of the younger high school girls' basketball teams in the area. They only have one senior on their roster this season: captain and forward Antenella Ibrahim. Many of their key contributors are underclassmen.

The roster for the Presidents this season includes: junior guard Helena Middleton, sophomore guard Mary Saccoch, junior guard Caroline Campbell, senior captain and forward Antenella Ibrahim, junior guard Lena Waldron, junior guard Alex Kane, freshman forward Niamh Gendron, sophomore guard Paige Mann, freshman forward Alyssa Hopps, junior guard Mairead Folan, and junior guard/forward Caroline Tracey. The team's head coach is Sarah Conlon.

The Presidents have two games on their schedule this week. Their first one took place Tuesday at home against the Plymouth North Eagles. Then, on Friday, Jan. 7, the Presidents will take on the Hanover Hawks. That game will be on the road (6:30 p.m.). Both of those games are Patriot League matchups.

NQHS Basketball Hall Of Fame Induction Jan. 21

The North Quincy High School Men's Basketball Hall of Fame is continuing its tradition of inducting players from North Quincy High School that have played in an exceptional way and should be recognized for their play.

This year players Michael Leith (1976) and Kyle Costa (2006) will be inducted at a ceremony during the half time of the North Quincy vs. Quincy boys game on Friday, Jan. 21st. That game begins at 7 p.m.

The Hall of Fame Com-

mittee is asking all fans to join in on the celebration.

The boys basketball game is the second half of a hoop doubleheader. The North Quincy and Quincy girls basketball game will tip off at 5 p.m.

Quincy Boys' Hockey Bows To Milton

By TOM JOYCE

The Quincy High boys' hockey team took the first game of the four-team tournament but met a difficult challenge in the championship game.

The Presidents faced the Milton Wildcats in the Quincy Youth Arena Holiday Tournament championship Dec. 29. Milton won the contest 4-1 and the Presidents fell to 3-2-1 on the season.

Although the Presidents didn't come out on top in their game against Milton, they scored first – and held a 1-0 lead after the first period. The Presidents had a heightened scoring opportunity about halfway through the first period, and they capitalized.

With about eight minutes remaining, there was a two-minute minor penalty against Milton for elbowing. On it, junior forward and captain Will Martin outmaneuvered a couple of Milton defenders and buried a goal as he rushed the net. This put the Presidents up 1-0 with 6:46 remaining in the first period.

As the first period progressed, Milton had a few scoring opportunities. That included a couple of shots with about three minutes left in the first. However, goalie Danny Freeman made the stops he needed, including a

glove save on a quality shot from Milton.

Milton was able to erase the Presidents' lead and take a two-goal lead by capitalizing on some offensive chances in the second period. Milton tied things at one apiece four minutes into it. Milton put the puck in the upper corner of the net. It was the first of three goals in a roughly three-minute span.

Less than a minute later, Milton struck again. This time, there was a loose puck in a scrum in front of the net. One of Milton's forwards found the puck, found an opening, got his stick on the puck, and put it in the back of the net for a goal. This gave Milton a 2-1 lead.

Then with about nine minutes left in the second, Milton struck again; this gave the team an insurance goal. In response to the third straight goal for Milton, the Presidents called a time-out to curb the momentum.

After that, neither team scored for the rest of the period; Freeman made a save on Milton's breakaway in the final few minutes of the second period to keep the score at 3-1.

Down two goals with one period to go, the Presidents weren't able to make a comeback. Milton added one last insurance goal in the third on a power play to make it a 4-1 final.

In the contest, the Presidents were able to put shots on the net, but Milton was able to make stops. The opposing goalie made 22 saves on 23 shots.

Two days before the loss to Milton, the Presidents picked up a win in the first round of the tournament. They faced off against the

North Quincy Raiders in an in-city rivalry matchup. The Presidents won that one 4-1.

Through six games played, senior forward and captain Cameron Quigley was the leading scorer for the Presidents; his seven goals and three assists were both a team-high. Meanwhile, senior forward Cooper Hernon was second on the team in goals scored with three.

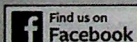
Both junior forward and captain Will Martin (2 goals, 2 assists) and senior forward and captain Joseph Hennessy (2 goals, 2 assists) were tied for the second-most points of any player on the team as of the start of this week.

Experience is a plus for the Presidents this season; they have 13 seniors on their roster.

The roster for the Presidents this season includes: freshman forward Lincoln Hennessy, senior forward and captain Joseph Hennessy, senior forward Ronan Healy, senior forward Cooper Hernon, senior defenseman and captain Zach Galligan, senior forward Jerry Caldwell, senior forward Daniel Pakkala, junior forward Liam Van Gestel, senior defenseman Sean Andrews, senior defenseman Tyler Larsen, senior forward Pat Walsh, senior forward Chase Quigley, senior defenseman Luke LaMonica, senior forward and captain Timmy Kelly, junior forward Collin Gates, junior forward and captain Cameron Quigley, junior forward and captain Will Martin, junior goalie Tyler Holmes, and senior goalie Daniel Freeman.

The Presidents have two games scheduled for this week. The first one is a road game against the Scituate Sailors on Wednesday, Jan. 5 at Hobomock Ice Arena in Pembroke (6:10 p.m. start time). Then on Saturday, Jan. 8, they will host the Plymouth South Panthers at the Quincy Youth Arena (6:40 p.m. start time). Both of those games are Patriot League matchups.

Quincy Access Television
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Quincy, MA 02169



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Public Access Channel 8

Thursday, January 6
6:00pm: Bethany Congregational Church
8:00pm: Inter Church Council Feast of Lights

Friday, January 7
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, January 8
11:30am: TCLP: Decoding the News
1:00pm: High School Basketball

Sunday, January 9
11:30am: Good News
3:00pm: Inter Church Council Feast of Lights

Monday, January 10
11:30am: LIVE: Currently in Quincy
5:30pm: In the Know: Norfolk County Sheriff

Tuesday, January 11
7-9am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, January 12
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, January 6
6:00pm: At Your Library: January Happenings
7:30pm: Aging Strong & Falls Prevention

Friday, January 7
12:00am: Meet the Author
6:30pm: FYI: QHD Seasonal Flu
7:00pm: Good Deeds: Norfolk County Registry

Saturday/Sunday, January 8/9
9:30am: In the Know: Norfolk County Sheriff
10:00am: At Your Library: January Happenings
11:00am: Aging Strong & Falls Prevention
12:00pm: Quincy City Council 1/3/22
7:00pm: Quincy City Council 1/3/22

Monday, January 10
1:00pm: A Look Back

Tuesday, January 11
9:00am: Balance Class for Adults Over 60
4:00pm: LIVE: Board of License Commissioners

Wednesday, January 12
11:00am: Aging Strong & Falls Prevention
4:00pm: Board of License Commissioners 1/11/22
7:00pm: TCPL: Restorative Yoga

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org



Armando Agnitti, Esq., CISR
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NQ Boys' Hockey Falls To King Philip

By TOM JOYCE

The North Quincy High boys' hockey team competed against a tough opponent, but it didn't go their way.

In the second round of the Quincy Youth Arena Holiday tournament, the Raiders hosted the King Philip Warriors Dec. 29. King Philip was able to prevent them from scoring and picked up a 4-0 win in the consolation game of the four-team tournament. With the loss, the Raiders fell to 1-4-0 on the season. It came two days after the Raiders lost 4-1 to the Quincy High Presidents in the first round of this tournament; Milton was the other team to compete in the tournament, but the Raiders didn't face them.

With about 9:30 remaining in the first period of the game against KP, senior forward Martin O'Flaherty had a strong wrist shot for the Raiders, but it was blocked and King Philip regained possession. About 20 seconds later, King Philip scored the first goal of the game. King Philip had a forward in front of the left side of the net; he got a pass from a player who was down by the boards. The forward then tapped the puck in the net to make it 1-0 King Philip.

Two minutes later, King Philip struck again. This

time, there were a few players fighting for the puck behind the net. A King Philip player got control, passed to a teammate of his who was standing near the front of the net unguarded. The player in front of the net then scored a goal when he got the puck. This gave King Philip a 2-0 advantage.

With seven seconds left in the first, King Philip tried to extend its lead even further, but the effort was unsuccessful. King Philip rifled a shot at the net, but sophomore goalie Aiden McGuinness made the stop, keeping the score at 2-0.

About four minutes into the second period, junior forward Noah Kearney got a strong rush for the Raiders and skated his way up to the net to try to get one past the goalie. He took a shot, however, King Philip's goalie made the stop.

King Philip was able to score again in the second period, capitalizing on a power-play opportunity. A two-minute minor penalty against the Raiders with just over eight minutes left in the second gave King Philip a scoring opportunity. It capitalized. With about seven minutes left in the second, a King Philip player who found himself uncovered

near the front of the net scored off a quick pass; this put King Philip up 3-0.

In the final minute of the second period, the Raiders had a couple of shot opportunities and put some offensive pressure on King Philip's goaltender. This included a slapshot off the stick of junior forward James Rogers. However, King Philip made a couple of saves and kept the shut-out going.

Up by three in the third, King Philip was able to add one more goal to their total on the day. King Philip got its fourth goal of the game with 7:57 remaining on a second chance opportunity. The Raiders made a save on a shot King Philip tried to push through right in front of the net on the right side. However, after the save, the puck deflected and another offensive player gained control for King Philip. He found an opening on the left side of the net and buried his shot opportunity, giving his team another insurance goal.

The Raiders weren't able to overcome the deficit.

The Raiders have some experience on their team this season; there are 10 seniors on the roster.

The roster for the Raiders

this season includes: junior forward Vinny O'Leary, senior forward Ben Snyder, senior defenseman and captain Michael Gorman, freshman forward Thomas Walsh, freshman forward Shea Winters, junior forward David D'Antona, freshman defenseman Brian Buckley, senior goalie Thomas Kelly, senior defenseman Lucas Hooley, senior forward Martin O'Flaherty, junior forward James Rogers, senior forward and captain Michael Steele, senior defenseman and captain John Lynch, senior defenseman Kevin Salmanowich, junior forward Noah Kearney, senior defenseman Sheay Meaney, sophomore forward Charlie McGrail, junior forward Jack Cavicchi, sophomore goalie Aiden McGuinness, and senior goalie Jackson Murphy. The team's head coach is Matt Gibbons.

The Raiders have two games this week. First, they face Hanover at home on Wednesday, Jan. 5 (7:40 p.m. start time). Then, on Saturday, Jan. 8, they have a road game; they will face the Marshfield Rams at Hobomock Ice Arena in Pembroke (5 p.m. start time). Both of those games are Patriot League matchups.

Quincy - North Quincy Indoor Track Results - Dec. 29

EVENT	GENDER	Athlete First	Athlete Last	PERFORMANCE	Notes
1000M	Boys	David	Schmidt	3:10.95	
1000M	Boys	Shane	Faherty	3:12.05	PR
1000M	Girls	Caitlin	Cornican	3:42.25	
1000M	Girls	Sabrina	Egan	3:57.78	PR
1000M	Girls	Juliana	DEBasi	4:38.72	PR
1000M	Girls	Charlotte	McConville	4:48.99	
1000M	Girls	Chloe	Fitzgerald	5:02.83	
300M	Boys	Hatim	Boukham	37.97	
300M	Boys	Alex	Stankov	42.43	PR
300M	Boys	Lawrence	Ching	42.72	Season PR
300M	Boys	Liam	Cody	45.30	
300M	Boys	Tyler	Mergel	47.42	
300M	Girls	Salma	Boukham	48.36	
300M	Girls	Kendall	Kazmowski	51.37	
55M	Boys	Vanston	Ly	7.47	
55M	Boys	Giordano	McKenzie	7.50	PR
55M	Boys	Elijah	Eno	7.75	PR
55M	Boys	Charlindo	Alexis	8.46	
55M	Boys	Jeanior	Alexis	8.55	
55M	Boys	William	Huang	8.62	
55M	Boys	Joseph	Latteo	8.67	
55M	Boys	William	Lanergan	9.21	
55M	Girls	Emily	Quach	10.37	
55M	Girls	Ali	DiRuzza	10.47	
55M	Girls	Serena	Swan	10.59	
55M	Girls	Fiona	Saraci	10.59	
55M	Girls	Chloe	Wu	8.48	
55M	Girls	Kimberly	Le	8.85	
55M	Girls	Jiehan	Lin	8.76	
55M	Girls	Brianna	Keddy	9.15	
55M	Girls	Anushka	Raj	9.46	
55M	Girls	Jennifer	Chen	9.73	
55m Hurdles	Boys	Giordano	McKenzie	10.75	PR
55m Hurdles	Boys	Elijah	Eno	11.66	PR
600M	Girls	Jennie	Burgess	1:53:55	Season PR
600M	Girls	Hannah	Moriarty	2:01:42	
JV Shotput	Girls	Anushka	Raj	16'09"	
Long Jump	Boys	Giordano	McKenzie	16'06"	PR
1 Mile	Boys	Hatim	Boukham	4:33.04	PR
1 Mile	Boys	Robert	Cannon	4:52.31	PR
1 Mile	Boys	Kyle	Clements	5:09.09	PR
1 Mile	Boys	Nathan	Feldman	6:04.44	
1 Mile	Girls	Salma	Boukham	5:26.03	PR
Shotput	Boys	William	Lanergan	24'03"	
Shotput	Boys	Dylan	Tracy	27'02.5"	PR
Shotput	Boys	Jeanior	Alexis	33'08"	PR
Shotput	Boys	Ahmad	Powell	37'06"	
Shotput	Girls	Grace	McGough	21'03.5"	PR
Two Mile	Boys	Robert	Cannon	10:08.14	PR

Intersection of Art, Science Exhibit At Library

Visit the First Floor exhibit space at the Thomas Crane Public Library now through Monday, Jan. 31 to view this month's Art on Display, The Intersection of Art and Science by John Greiner-Ferris.

The exhibit space is open Monday - Thursday 9 a.m. - 9 p.m., and Friday - Saturday 9 a.m. - 5 p.m.

This collection of archival digital images printed on Japanese washi paper was created with a USB micro-

scope with a magnification up to 1000x. Blurring the line between artistic and scientific, Greiner-Ferris aims to capture art in nature and all around us. Magnified images of organic materials highlight the beauty in the natural world through color,

shape, and tension of forms as well as the incredible mystery of plant life.

See more of writer and photographer John Greiner-Ferris @johngreinerferrisstudio. Visit the Crane Library website for more event details.

Thelma Ruth Forbush Dougenik Bornemann, 97

Thelma Ruth Forbush Dougenik Bornemann, age 97 of Quincy, passed away on Dec. 31 in the comfort of her own home.

Wife to the late Arthur Bornemann, former wife of the late Roger Dougenik. Daughter of the late Roger and Emma Forbush of Quincy. Sister of the late Roger Forbush Jr. and Donald Forbush. Thelma is survived by her sisters Elizabeth Holland of Randolph, and Roberta Murphy of Quincy. Loving mother to Roger Dougenik and his partner Jan Matherson of Whitman, Nancy Dougenik-Storrs and Marybeth Lynch of Quincy. Cherished grandmother to Jessica Lynch and her fiancé Dave DeMayo of Pembroke, Brian and wife Jennifer Lynch of Quincy, Alex Lynch and his partner Lauren Mendoza of Weymouth, Meredith Storrs-McGinnis and her husband John McGinnis of Medford, Fallon and her husband

Patrick Creedon of Whitman, and Sarah and Jackie Dougenik of Quincy, Ma. Adorned great grandmother to Brianna DeMayo, Morgan and Harlow Creedon and Elianna Lynch.

Born July 3, 1924 Thelma was a life-long resident of Quincy. She graduated from Quincy High School in 1942. She entered the Women's Army Corps in 1944 at the age of 20 and served the remainder of the war, being honorably discharged in 1945 when WWII ended. During her time as a "WAC", Thelma provided medical care to those wounded.

Thelma graduated Katharine Gibbs School of Boston and attended the Miss Farmer's School of Cooking.

She worked for the New Haven Railroad where she met her first husband Roger and raised 3 loving children. Thelma was the former administrative assistant at Bethany Congregational

OBITUARY



THELMA RUTH FORBUSH DOUGENIK BORNEMANN

Church and member there for over 60 years. It was at Bethany that Thelma met her husband Arthur, they fell in love and married in 1981. They shared similar interests and love for gardening and their service in the military.

Thelma was passionate about her service in the military, back then not many women served, and she loved that she was able to do so. She enjoyed her time in her garden with her grandchildren. She was

quite the doll collector, she loved porcelain dolls and her collection brought joy to her grandchildren's eyes. She loved to write letters to friends and family and her penmanship was impeccable. She loved to play the piano and teach her children and grandchildren how to play. Thelma enjoyed spending time with her grandchildren. "Nana" as she was adorned the fond name, was a patriarch of the family.

Family and friends are invited with open arms as Thelma would have wanted to the visitation services at Bethany Congregation Church Friday, Jan. 7th at 10:30 a.m. followed by the funeral services at 11:30 a.m. Burial services to follow at Milton Cemetery, 211 Center St., Milton. Refer to the Downing Cottage Funeral Chapel website for complete obituary and guest book at www.DowningChapel.com.

Quincy - North Quincy Indoor Track Results- Dec. 27

MSTCA Distance & Shotput Classic

MSTCA DISTANCE & SHOTPUT CLASSIC 12/27/2021						
Event	Last	First	Performance	Place	Competitors	Comment
Girls Shotput	Brown	Pilar	26'03"	28th	55	
Boys Shotput	Alexis	Jeanior	32'05.25"	35th	64	PR
Boys Mile	Clements	Kyle	5:10:56	45th	77	PR
MSTCA BOSTON HOLIDAY CLASSIC 12/28/2021						
Event	Last	First	Performance	Place	Competitors	Comment
55 Meters	Wong	Matt	8.91	24	102	
Long Jump	Wong	Matt	18'00.75"	24	36	Seasonal PR
600 Meters	Boukham	Hatim	1:24:14	2	58	
Two Miles	Cannon	Robert	10:10.73	14	22	
Freehman Mile	Schmidt	David	5:18:29	16	18	
600 Meters	Boukham	Salma	1:42:37	4	48	

OBITUARIES

Dr. Joseph A. DiMartinis, Jr., 88

A funeral Mass for Joseph A. DiMartinis, Jr., D.M.D., "Dr. D", age 88, a longtime resident of Hingham, was celebrated Dec. 31 in St. John the Baptist Church, Quincy.

Dr. DiMartinis died peacefully Dec. 26 in the comfort of his home.

He was born in Quincy, to the late Antonette M. (Marchetti) and Joseph A. DiMartinis, Sr. Raised and educated in Quincy, he was a graduate of Quincy High School, Class of 1951. Dr. DiMartinis earned his Bachelor's degree from Bates College, Class of 1955, and his Doctor of Medicine in Dentistry from Tufts University School of Dental Medicine, Class of 1962.

Dr. DiMartinis lived in Windham, NH for the past fourteen months, previously in Hingham for fifty years.

He was proud to have served in the United States Army, stationed at Fort Meade in Laurel, MD, where he attained the rank of captain.

Dr. DiMartinis was the longtime owner and operator of Quincy Adams Dental Associates on Russell Park in Quincy. He established the practice in 1964 and operated it until his retirement



DR. JOSEPH A. DIMARTINIS, JR.

in 2018 at the age of eighty-five.

Dr. DiMartinis served for several years on the board of Hingham Youth Baseball as commissioner and coach. He adored his family, especially being "Papa" to his nine grandchildren. He was an avid golfer and enjoyed spending time vacationing with his family at Pleasant Lake in New London, NH, and family vacations to Florida and California. He was a cigar and wine enthusiast and loyal fan of Boston sports. Dr. DiMartinis was always kind, generous, compassionate, and had a wonderful sense of humor. He will be greatly missed by all who knew him.

Beloved husband for fifty-seven years of the late Charlotte D. (Dorney)

DiMartinis.

Loving father of Brian J. DiMartinis and his wife Robin of Windham, NH, Steven H. DiMartinis and his wife Kim of Hampstead, NC, Brett D. DiMartinis and his wife Tricia of Plymouth, Jill C. DiMartinis and her husband Joel Beale of Lewiston, ME and the late Jay P. DiMartinis.

Devoted Papa of Peter, Jake, Jenna, Amanda, and Kristen DiMartinis, Billy and Anna Mahoney, and Joseph and Matthew DiMartinis.

Dear brother of Louis R. DiMartinis and his wife Aliisa of Quincy, and the late Ann E. Starck and her late husband Edward. Dr. DiMartinis is also survived by many nieces and nephews.

Interment, with military honors, at High Street Cemetery, Hingham.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Eleanor A. Venezia, 89

A funeral Mass for Eleanor A. (Spinale) Venezia, 89, of Quincy was celebrated Monday in Sacred Heart Church, Quincy.

Mrs. Venezia died peacefully Dec. 26 after year-long illness.

She was the beloved wife of Salvatore R. Venezia for more than 68 years and the honored and cherished mother of Steven of Boston, Marianne Venezia-Looney (J. Timothy) of Saugus, Angela of Somerville, and Christine Vella (Chad) of Westwood. She is survived by four exceptional and beloved grandchildren: Olivia, Sophia, Victoria, and Michael Vella, all of Westwood.

Mrs. Venezia was the youngest child of the late Sebastiano and Sebastiana (Passanisi) Spinale and devoted sister of the late Concetta, Salvatore, Rose



ELEANOR A. VENEZIA

(Staver), Domenic, Mary (Venezia), Connie (Gazzano), Josephine (Mele), and Angela (Pinto) all of whom have predeceased her. She is survived by numerous nieces, nephews, extended family and friends.

Mrs. Venezia was born in the West End of Boston, during the Great Depression and daughter of a fisherman and homemaker who immigrated more than a century ago from Augusta, Italy.

After raising her chil-

dren, decades after receiving her high school diploma, Mrs. Venezia returned to school and graduated from Quincy Junior College with an Associate's degree.

She devoted her life to her family, her community and her faith, volunteering as a Girl Scout leader, as an art docent for several years in the Quincy Public Schools and a docent with the Museum of Science for more than 25 years. Mrs. Venezia also served as a Eucharistic minister in Sacred Heart Church - Divine Mercy Parish in Quincy for many years and was a lifelong avid reader and a devoted member of her neighborhood book club.

Interment at Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

A funeral Mass for Paula M. (McLarnon) Kelley, age 58, of Braintree, was celebrated Monday in St. Francis of Assisi Church, Braintree.

Mrs. Kelley died peacefully Dec. 30 in the comfort of her home, surrounded by her loving family.

She was born in Quincy, to the late Michael C. and Arlene F. (Miller) McLarnon. Raised and educated in Quincy, she was a graduate of Quincy High School, Class of 1981. Mrs. Kelley later received her Bachelor's degree from Eastern Nazarene College in Quincy.

She worked as an administrative assistant for seventeen years at Braintree High School, where she was admired and loved by both students and staff.

Mrs. Kelley enjoyed playing all types of card games with family and friends. She enjoyed winning but preferred the time



PAULA M. KELLEY

spent interacting with the other players.

Mrs. Kelley greatly enjoyed planning vacations for her family, including every minute detail. She enjoyed a number of destinations including North Conway, N.H. and Florida, however, her favorite form of travel was on the seas. She went on numerous cruises to destinations such as Bermuda, the Caribbean, and Mexico.

Most of all, Paula was a devoted homemaker and mother who dedicated her-

self to her family. Beloved wife for thirty-one years of Arthur J. Kelley. Devoted mother of Sarah M. Kaplan and her husband Matthew, and Christina M. Kelley, all of Braintree. Dear sister of Harold P. McLarnon of Va., Alice P. Fitzpatrick of Nev., Judith M. Mills of Weymouth, and predeceased by Richard M. McLarnon and James P. McLarnon. Mrs. Kelley is also survived by many nieces, nephews, and cousins.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Matthew M. McLarnon Memorial Fund, c/o Archbishop Williams High School, Office of Advancement, 40 Independence Ave., Braintree, MA 02184 (781-843-3636).

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Stuart E. Coull, 76

A celebration of life service for Stuart E. Coull, 76, of Quincy will be held Thursday at 11 a.m. in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Coull died Dec. 28.

Beloved husband of the late Dale F. (Fanning) Coull of Quincy, he was the loving father of Tracy O'Sullivan and her husband Patrick of Hanover, Stuart E. Coull Jr. and his wife Lisa of Milton, and Tammy Gallagher and her husband John of Quincy; loving brother of Dennis Coull of Plymouth, Kathy Curto of Braintree and the late Jill DiBona of Weymouth; loving brother-in-law to Pamela Fanning of Quincy; cherished Grampie



STUART E. COULL

to Ryan, Nicholas and Lauren O'Sullivan, Kyle and Dylan Coull, and John, Emily and Kaitlyn Gallagher; Great-Grampie to Anthony and Jordan. Also survived by many nieces, nephews, great-nieces and great-nephews.

Mr. Coull was a lifelong resident of Quincy

who spent three years in the 82nd Airborne Division of the United States Army as a paratrooper with over 60 jumps. Grampie loved to fish and hunt but enjoyed spending time with family the most, especially his cherished grandchildren who were the centerpiece of his life.

He will be remembered as a caring, fun-loving person who was quick to forgive and always had something kind to say. He will be sorely missed by his loving family.

Visiting hours were 4 to 8 p.m. Wednesday at the funeral home.

Interment at Pine Hill Cemetery, Quincy.

Verna L. Butler, 92

Verna Louise (Kinniburgh) Butler, 92, of Quincy, died peacefully on Dec. 29.

She was born to James Kinniburgh and Alice (Gerrior) and raised in Quincy. She graduated from Quincy High School and went on to work as a secretary at John Hancock in Boston. It was there that she met her loving husband of over 60 years, John T. Butler.



VERNA L. BUTLER

Mrs. Butler was a devout Catholic and had a quiet, sweet way about her. She loved her family, especially her grandchildren with whom she had a very special bond. She will be missed by all who knew her.

She was predeceased by her husband John T. Butler, her daughter Susan Boyd and her siblings: Paul Kin-

niburgh, Earl Kinniburgh and Jane Albasini.

Beloved mother of Jack Butler and Karen Black, both of Quincy. Cherished grandmother of Joseph Boyd, Alexandra O'Melia (Butler) and her husband Peter, and Andrew Butler. Loving great-grandmother of Odin Boyd. She is also survived by her son-in-law, Joseph Boyd and many nieces and nephews.

Mrs. Butler's services will be private.

Memorial donations may be made to the National MS Society, PO Box #91891, Washington, DC 20090.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Paul F. Moody, Sr., 75

A funeral Mass for Paul F. Moody, Sr., 75, of Quincy was celebrated Wednesday in Sacred Heart Church, Quincy.

Mr. Moody died Dec. 28 surrounded by his loving family after a long battle with Creutzfeldt-Jakob disease.

Born in Quincy, he was the son of the late James B. and Anne V. (Wojcik) Moody. Mr. Moody is survived by his wife of 53 years Karen E. (Clark) Moody, his sons, Paul F. Moody, Jr. QFD and his wife Debra of Hanover, Michael Moody and his wife Stacey of Quincy, and his three grandchildren Gavin, Caroline and Aiden. Brother-in-law of Joseph Yout and his late wife Linda of FL, Elaine DeLuca and her husband Kenneth of Quincy and the late Nancy and Susan Clark and Brenda Norman. He is also survived by many nieces and nephews.

A lifelong Quincy resident, Mr. Moody's life was immersed in the city he loved. In addition to raising his family and working in his beloved hometown, he was involved in community



PAUL F. MOODY, SR.

events and organizations. Mr. Moody served as scoutmaster for North Quincy Troop #38 and a member of the Quincy City Club. An active member of the Sons of the American Legion, Squadron #294, Mr. Moody assumed many roles including chaplain and squadron Commander. In 2009, Mr. Moody founded Flags for Veterans Island in Fort Square. Honoring the men and women who have served and continue to serve our country, the island that began with 10 flags is now home to over 400 flags and countless memorial bricks. In 2012, Mr. Moody was awarded the Henry W. Bosworth Memo-

rial Citizenship Award for his charitable services to the City of Quincy.

When not volunteering, Mr. Moody's favorite hobby was decorating his home, for every and any holiday.

In his youth, Mr. Moody played baseball and basketball for the Koch Club, where he later coached. He and his softball team formed the North Quincy Young People's Association wanting to raise money for Boston Children's Hospital. Mr. Moody was an assistant coach for the North Quincy Apaches in the Quincy Youth Football League. An avid sports fan, he enjoyed watching his 3 grandchildren play the games he loved and was proud to be their Grampy.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to the Creutzfeldt-Jacob Disease Foundation at cjd.foundation.org/donate.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Richard T. Bouchard, 72

Richard "Rick" Thomas Bouchard, 72, of Hull died Dec. 28.

Beloved husband of Sandra A. (Matthews) Bouchard. Loving father of Jennifer Bouchard of Abington, Jillian and her husband Frank Pagington of Gansevoort, NY, Richard and his wife Heather Burns of Norfolk, and Charleen Burns of Quincy.

He is survived by his siblings Donna and her husband Phil Sharpe of Seattle, WA, Robert and his wife Pam Bouchard of Nashville, TN, Marylou and her husband Leo Stetson of Ludlow, Thomas Bouchard of Quincy, George Bouchard of Weymouth,



RICHARD T. BOUCHARD

Joyce Bouchard of Weymouth, and the late Ronald Bouchard.

Grandfather of Jake, Cameron, Ryan, Jason, Dylan, Gregory, and Tristi. He leaves behind several nieces and nephews.

Mr. Bouchard graduated from Quincy High School, class of 1968. He then enlisted in the United States Marine Corps where he served in Vietnam. He was a proud USMC veteran.

Mr. Bouchard was well loved by all and will be greatly missed.

At the family's request, services are private.

Memorial donations may be made to Spaulding Rehab, 311 Service Rd, East Sandwich, MA 02357

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

David L. Gray, 87

A memorial service for David L. Gray, age 87, of East Bridgewater, formerly of Braintree, will be held Saturday, Jan. 22, at 11 a.m. in South Congregational Church, Braintree.

Mr. Gray died peacefully Dec. 21 after a brief illness.

Born and raised in Westbourne, TN, Mr. Gray was a retired firefighter for the Town of Braintree where he served the department for 35 years, retiring in 1997 as the superintendent of the Fire Alarm Division. He proudly served his country in the United States Air Force during the Korean War, where he earned the National Defense Service Medal and the Good Conduct Medal.

In his free time, Mr. Gray enjoyed boating and sailing, in which he sailed a boat with friends all throughout Europe. He was also a member and the former Steward of the Braintree Yacht Club. Mr. Gray



DAVID L. GRAY

was also a licensed plumber and worked for many years as a plumber in and around the South Shore. He was great at fixing things and enjoyed the challenge of tinkering with anything to make it work.

Above all, Mr. Gray just cherished the time he spent with his family and friends. A devoted husband, father, brother, grandfather, great-grandfather and friend, Mr.

Gray will be greatly missed by all who were blessed to have known him.

Mr. Gray was the beloved husband of Shirley (Aitken) Gray. Loving father of David L. Gray, Jr. and his wife Donna of Pembroke, Gary W. Gray of Weymouth, Gail E. Farquharson and her husband Douglas of Mendon and Todd N. Gray and his wife Leah of Mashpee. Mr. Gray was the youngest of 11 siblings and survived by Lois Davis of TN. Also survived by 8 grandchildren, 5 great-grandchildren and numerous nieces and nephews.

Memorial donations may be made to South Congregational Church, 1075 Washington St., Braintree, MA 02184 or to the Disabled American Veterans, State House, Room 546, Boston, MA 02133.

Funeral arrangements were made by Cartwright Funeral Home, Braintree.

Mary E. McPartlin, 86

A funeral Mass for Mary Elizabeth McPartlin, 86, a longtime resident of Houghs Neck (a section of Quincy), was celebrated Tuesday in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Mrs. McPartlin died peacefully in the comfort of her home on Dec. 30.

Mrs. McPartlin was born in Donegal, Ireland where she spent her youth before immigrating to the United States in 1958. Upon her arrival to Boston she began working at Gillette in South Boston. While working there she met her loving husband Frank and were soon married in 1962.

Mrs. McPartlin was always kind, generous, compassionate, and had a wonderful sense of humor. This caring and loving culture led her to raising seven successful sons who went on to raise their families in her likeness. Mrs. McPartlin was deeply religious in her Catholic



MARY E. MCPARTLIN

faith and was often the best dancer at her children's weddings. In addition to being a great mother she was also a phenomenal grandmother babysitting all seven of her grandchildren. Her knack for caring for others was also displayed in her profession as a hospital care worker at Quincy Hospital.

Whether it was raising seven boys, babysitting seven grandchildren or caring for others at the hospital, Mrs. McPartlin always put others before herself which resulted in a strong and loving family. She will be greatly missed by

all who knew her.

Beloved wife of fifty-nine years to Francis P. McPartlin. Loving mother of Frank J. McPartlin and his wife Marlene of Quincy, James P. McPartlin and his wife Karen of Braintree, Peter P. McPartlin and his wife Milena of Sao Paulo, Brazil, Sean McPartlin and his wife Nancy of Rockland, Kevin M. McPartlin of Quincy, Brian M. McPartlin of Quincy and Christopher McPartlin and his wife Heather of Quincy. Devoted grandmother of Patrick, Nicolas, Jack, Julia, Mary, Katie and Christopher William. Dear sister of Bridie Devlin and the late Jim McGeoghan, both of Coventry, England. Mrs. McPartlin is also survived by many nieces and nephews in Ireland and England.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Gerald Grazioso, 81

A funeral Mass for Gerald Grazioso, age 81, of Braintree, formerly of Quincy, was celebrated Wednesday in St. John the Baptist Church, Quincy.

Mr. Grazioso died peacefully Dec. 31 at South Shore Hospital, in the comfort of his loving family.

He was born in Quincy, to the late Angelo and Valerie (Czerniawski) Grazioso. Raised in Quincy, Mr. Grazioso was a graduate of Quincy High School, Class of 1958. He later graduated from the night school program at Northeastern University as a mechanical engineer.

Mr. Grazioso began his career at the former Fore River Shipyard in Quincy and then served his sheet metal apprenticeship at the former Boston Navy Yard. After receiving his degree,



GERALD GRAZIOSO

Mr. Grazioso specialized in HVAC and worked for thirty years at the former Stone & Webster engineering firm in Boston, retiring in 2012.

He enjoyed the outdoors and was an avid fisherman and hunter and also enjoyed photography. Mr. Grazioso volunteered as an assistant scoutmaster for many years with his sons in Troop 253, Braintree.

Most of all, Mr. Grazioso was devoted to his family and was especially proud of his grandchildren, supporting all their many activities and accomplishments.

Beloved husband for fifty-eight years of Linda C. (Iacovelli) Grazioso. Devoted father of Christopher J. Grazioso and his wife Patricia of Abington, Michael G. Grazioso and his wife Amanda of Pembroke. Loving grandfather of Christopher, Jr., Matthew, Eliana, Mia, Kaitlyn, and McKenna. One of four siblings, Gerald was the brother of Valerie Solimini of Quincy and was predeceased by John and Ronald Grazioso. He is also survived by many nieces and nephews.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.



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OBITUARIES

Mary M. Walsh, 78

A funeral Mass for Mary M. (Landry) Walsh, age 78, was celebrated Wednesday in St. Francis Xavier Church, Weymouth.

Mrs. Walsh died peacefully in the loving arms of her children on Dec. 26.

She worked for many years as the manager of the laundry department at Southern Artery Cleaners, Quincy. In her later years, she took great pride working as a companion for seniors at Norwell Works and Visit-

ing Angels.

Mrs. Walsh was very active in softball and bowling leagues with her husband in their early years together and, after her children came, she supported them in every activity they joined. She taught CCD for many years and became active in the mother's clubs for the Order of DeMolay and the International Order of the Rainbow for Girls in Weymouth. Mrs. Walsh was also very involved in the Blue Hills Girl Scouts and received a Certificate of Appreciation, the council's highest honor, in 1977, after many years of service to the organization.

Mrs. Walsh enjoyed many years of camping, bowling, game nights with her lifelong friends, cruising and cheering on the Red Sox. The most cherished activities were time spent with her family through many memorable family vacations, parties, sister's trips, sibling card game nights, barbecues, and dinners.

Preceded in death by her beloved husband of 57 years, George W. Walsh; loving mother of Christine White of Weymouth, Robin Scott and her husband Ethan of Braintree, George William Billie Jr. and his wife Laura of Syracuse, NY; dear grandmother of Patrick, Ashley, Nathan, Alexander,



MARY M. WALSH

Morrigan, Helen, Hazel, Keith; great-grandmother of 6 great-grandchildren. Cherished sister of the late Peter Landry, the late Linda Cheney, and her late husband James, Antonitte Beckwith and her late husband Gary, Irma Berio Kutzer and her husband Lawrence, Charles Landry and his wife Carolyn, Joseph Landry and his partner Patricia, Angela Bennett and her husband Kevin, Mark Landry and his wife Karen, Lori Evers and her husband Kenneth. Mrs. Walsh is also survived by many cousins, niece, nephews, great nieces and great nephews, and many lifelong friends.

Interment at Fairmount Cemetery, Weymouth.

Memorial donations may be made to the ASPCA at aspc.org/ways-to-give.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Barbara O'Neill

Barbara O'Neill died gently the morning of Dec. 19 after spending a day filled with attention and love.

Mrs. O'Neill was a truly remarkable woman, having been born in 1941 as a "war baby" while her father was a merchant marine protecting Boston Harbor from potential submarine attacks.

As a struggling mother trying to provide for her family, she broke stereotypes by doing manual labor jobs when women were discouraged from doing so in the '70s and '80s. Mrs. O'Neill worked as a roofer doing tar and gravel roofs, and was a union laborer from Local 223 in Boston, before eventually becoming a custodian at the Braintree Electric Light Department. She not only persevered in these positions but also was able to earn—and demand—the respect of the men she worked with.

Her strength and determination were legendary but were nothing in comparison to the love she had for her children, grandchildren, and great-grandchildren, all of whom she adored. She was also a devoted wife and had a deep love and commitment to her husband and soulmate John (Jack) O'Neill. They would love to spend their days together boating, fishing for stripers, playing with their Newfie, and relentlessly teasing each other. Her passion for boating was so great that she served as the past commodore of the Germantown Yacht Club during which she participated in many of Quincy's Christmas parades. She was also a talented watercolor artist, often gifting her pieces of art to loved ones who cherished them.



BARBARA O'NEILL

All those who knew Mrs. O'Neill admired her strength, her energy, and her determination to always do things her own way. She will be sorely missed.

Mrs. O'Neill is survived by her beloved husband John (Jack) O'Neill; loving mother of Patricia Clark of Marshfield, Donna Connor of Quincy, Barbara Melatesta of Danvers, Walter Wynn of CA, Kevin Wynn of Weymouth, David Wynn of Quincy; dear stepmother of Susan O'Neill of Abington, John O'Neill of Stoughton; loving grandmother to 12 grandchildren and to 6 great-grandchildren.

Services have already been held. Memorial donations may be made to the Dana-Farber Cancer Institute at dana-farber.org. Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

NOTICE OF PUBLIC HEARING

Case ZBA 21-88

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 25, 2022 @ 5:30 P.M. to consider the application of JCBT Architect for a Variance to subdivide the lot into two (2) lots and construct a new two-family structure on the newly created lot while converting the existing single family on the lot into a two-family home in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 5.1 (parking) on the premises numbered 8 PRICE STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting

Time: Jan 25, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/86546849306?pwd=YkRyZW1PeXJBcTM3TDZBUGh4U1pYQT09>

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Meeting ID: 865 4684 9306

Passcode: 424263

Find your local number: <https://us06web.zoom.us/j/krM0voIRF>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

1/6/22, 1/13/22

NOTICE OF PUBLIC HEARING

Case ZBA 21-98

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 25, 2022 @ 5:30 P.M. to consider the application of Minh Van for a Variance/Finding to demolish the existing 2-family residence and to construct two, 2-family townhouse residences for a total of four (4) residential units in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 3.4.3 (nonconforming structures) on the premises numbered 62 BILLINGS STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting

Time: Jan 25, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

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Find your local number: <https://us06web.zoom.us/j/krM0voIRF>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

1/6/22, 1/13/22

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THIS NEWSPAPER

NOTICE OF PUBLIC HEARING

Case ZBA 21-101

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 25, 2022 @ 5:30 P.M. to consider the application of CPLD ST LLC for a Variance to construct a 3-story, 8-unit multifamily structure with incorporated parking in violation of Title 17 as amended, Chapter 4.1.1 (conformance), Chapter 4.2.7 (open space) and Chapter 4.3.6.2 (Residence B) on the premises numbered 201 COPELAND STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting

Time: Jan 25, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

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Meeting ID: 865 4684 9306

Passcode: 424263

Find your local number: <https://us06web.zoom.us/j/krM0voIRF>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

1/6/22, 1/13/22

NOTICE OF PUBLIC HEARING

Case ZBA 21-100

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 25, 2022 @ 5:30 P.M. to consider the application of Austin Kelley for a Variance to construct an attached two car garage and mudroom with living area above in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) on the premises numbered 2 EATON ROAD, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting

Time: Jan 25, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/86546849306?pwd=YkRyZW1PeXJBcTM3TDZBUGh4U1pYQT09>

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Passcode: 424263

Find your local number: <https://us06web.zoom.us/j/krM0voIRF>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

1/6/22, 1/13/22

SUN FUN PAGES

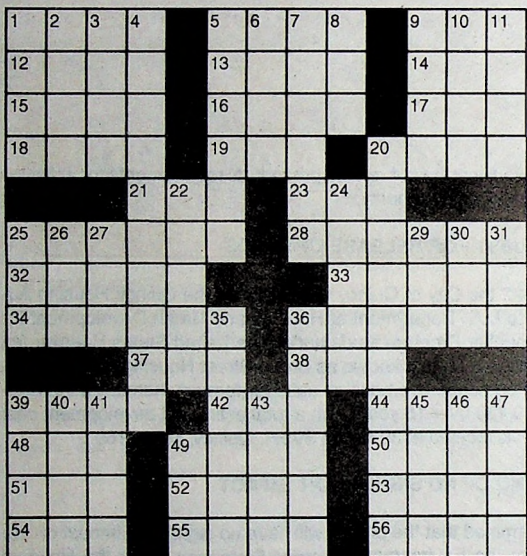
King Crossword

ACROSS

- 1 Biting remark
- 5 Spheres
- 9 Victory
- 12 Skin care brand
- 13 Joel or Ethan of Hollywood
- 14 Parisian pal
- 15 Hourly pay
- 16 Batman's hood
- 17 Beer container
- 18 Rebuff
- 19 Acting coach Hagen
- 20 Crazy
- 21 Actor Brynner
- 23 Old Olds
- 25 Mourn
- 28 Hit song by the Oak Ridge Boys
- 32 Grown-up
- 33 Snake poison
- 34 Autobiography
- 36 Herbal tea
- 37 Geese forma-

DOWN

- 1 Fiddle sticks
- 2 Arkin of "Argo"
- 3 Prego rival
- 4 1957 Everly Brothers song
- 5 Supernatural
- 6 Cheer (for)
- 7 Caveat word
- 8 NBC sketch show
- 9 Texas city
- 10 Apple comput-



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MAGIC MAZE • "THE SOUND OF MUSIC"

R B Y V S P M J H E B Y V T Q
O E L I T G D B Y W T R P M K
I A L F D R A B Y W U S S Q O
M M T L A K U I F D B S Z X W
U S U T E Q S K Z M E O N L J
X H R S I Z T F A N D F C A L
Y A W V I G R R O S A T L S T
M Q M P H C I R D E I R F O E
N L K I H A A R E F E U F C R
B Z Y W V B U L B H G R O E G
S R Q P N M L J I L S E I L H

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: PLAYED BY JULIE ANDREWS

Austria	Friedrich	Kurt	Max
Baroness	Georg	Liesel	Musical
Brigitta	Gretl	Louisa	Rolf
Franz	Herr Zeller	Marta	

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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Cap is different. 2. Scarf is missing. 3. Sign is smaller. 4. Shovel is turned. 5. Doghouse is missing. 6. Sign is missing.

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Which Russian city used to be called Leningrad?
2. SCIENCE: What is the coldest city in the northern hemisphere?
3. LANGUAGE: What does the Latin phrase "persona non grata" mean?
4. U.S. STATES: Which state's flag is the only one currently that is two-sided?
5. GENERAL KNOWLEDGE: What was the first animal to appear on a U.S. coin?
6. FOOD & DRINK: How many herbs and spices are in the original recipe of Kentucky Fried Chicken?
7. MOVIES: How many movies did Ginger Rogers and

Fred Astaire make together?

8. LITERARY: In the Harry Potter book series, what are N.E.W.T.s?

9. TELEVISION: How many children were in "The Adams Family" sitcom?

10. HISTORY: In what year was the first email sent?

Answers

1. St. Petersburg
2. Oymyakon, Russia
3. An unwelcome person
4. Oregon (state seal on one side and a figure of a beaver on the other side)
5. An eagle
6. 11
7. 10
8. Critical examinations (Nastily Exhausting Wizarding Test).
9. Two: Wednesday and Pugsley
10. 1971

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Wishing Well®

2	7	3	6	4	7	8	2	8	6	2	8	5
S	E	F	E	S	X	S	P	T	X	E	A	M
6	4	6	2	5	7	3	6	2	8	6	2	7
P	P	L	N	E	P	R	O	D	R	R	W	L
6	3	4	6	7	3	8	3	5	6	5	2	5
E	E	E	A	O	S	T	H	N	L	T	I	A
7	6	8	5	6	4	6	5	4	6	5	7	3
R	L	A	L	O	C	P	I	I	T	N	E	I
6	8	6	5	6	3	5	2	5	4	7	5	6
I	N	O	S	N	D	P	S	I	A	N	R	S
8	5	4	5	7	4	3	8	2	7	2	4	5
E	A	L	T	E	E	E	W	E	W	L	V	I
3	7	3	5	2	4	7	5	4	7	4	7	7
A	I	S	O	Y	E	D	N	N	E	T	A	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19)
A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.

TAURUS (April 20 to May 20)
You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

GEMINI (May 21 to June 20)
You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.

CANCER (June 21 to July 22)
Caution is still the watchword as you move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.

LEO (July 23 to August 22)
Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship special.

VIRGO (August 23 to September 22)
That impatient side of yours is looking to goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.

LIBRA (September 23 to October 22)
A legal matter you hoped could finally be settled

could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.

SCORPIO (October 23 to November 21)
Partnerships – personal or professional – which began before the new year take on new importance. They also reveal some previously hidden risks. So be warned.

SAGITTARIUS (November 22 to December 21)
Your associates are firmly on your side, and that persistent problem that has caused you to delay some activities should soon be resolved to your satisfaction.

CAPRICORN (December 22 to January 19)
Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.

AQUARIUS (January 20 to February 18)
A friend wants to share a secret that could answer some questions you've wondered about for a long time. Meanwhile, travel aspects continue to be strong.

PISCES (February 19 to March 20)
Stay on your new course despite so-called well-meaning efforts to discourage you. Rely on your deep sense of self-awareness to guide you to do what's right for you.

BORN THIS WEEK: You have the capacity to meet challenges that others might find overwhelming, and turn them into successful ventures.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: U equals K

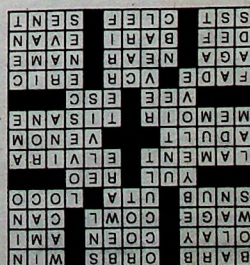
VID LMBULJSDE VIZED TAXE TJHD
VIDSEDPHDE JFD ZU, WAV VIDX
BZAPG IJHD WDDL IJLPGDG WDVVDF.

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King Crossword

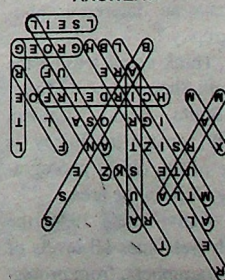
Answers

Solution time: 21 mins.



CryptoQuip answer

Magic Maze ANSWERS:



The nicknames those guys gave themselves are OK, but they could have been handled better.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Knopf Publishing has announced an upcoming memoir by Paul Newman that will cover his thoughts on acting, directing, family, fame, Hollywood, Broadway, love, his marriages, drinking, politics and racing. Newman, who died in 2008, began secretly writing his memoir in the '80s, and it recently was found in his Connecticut home, where his widow, Joanne Woodward, 91, still lives, suffering from Alzheimer's. More than a matinee idol, Newman became a great philanthropist. Today, many people know him more from his picture on "Newman's Own" bottles of salad dressing, pasta sauce, wine, etc., than from his films. Created in 1982, Newman's Own has donated \$600 million to charities. He was Oscar-nominated 10 times and finally won a best actor Oscar for "The Color of Money" (1987).

But there was another side to Newman. At 18, I was shooting photos for movie magazines. Paul and Joanne were on Broadway in "Baby Want a Kiss" at a theater next to Sardi's Restaurant. I haunted their stage door for photos, but he always said "No." On their last day, as they went into Sardi's for dinner, I handed him an envelope and watched him read it to Joanne. My poem read:

Dear Mr. Newman, You've rarely been one of those who'd stand still for a picture and pose.

"Take it on the run," is what

you always say...so I do, and a blur is what I throw away. Mrs. Newman's often difficult too. "Posing," she says, "I never do!"

"I'm a wife and a mother," she always replies, and that always draws a couple of sighs.

As a wife and a mother, she should get off the stage, why can't she be nice, like Geraldine Page?

She's a wife and a mother, just like her, at least she stands still so I don't get a blur.

I followed you to your garage last week and heard you speak ... "Did it ever occur to you it might embarrass me?" But it's part of fame, Mr. Newman, don't you see. In all the time you take saying what you won't do, I could have taken 10 snaps of you. Why can't you have that old fashioned vice, instead of being disagreeable, try being nice.

That night I ran after his car, and after saying, "Great poem, you're a great poet," he finally posed, and that photo accompanies this story.

The next week, I encountered Joanne Woodward at Oscar rehearsals. "Don't I know you from New York?" she asked.

"Yes, I gave you the poem at Sardi's."

"We loved it," she said, "hung it in our basement and show it to all our friends!" Wonder if my poem will be in the book?

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		×		22
-		+		×	
	-		×		27
×		×		+	
	×		-		22
18		25		26	

1 2 4 4 5 6 7 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Paris Porcelain — Paris porcelain is often a mystery to collectors. Sometimes it is sold as Vieux Paris or Old Paris. It was made in the 18th or early 19th century. Most pieces are not marked, but the porcelain is very white and the decorations are usually elaborate with many colors and gold trim. It was made by several different Paris potteries.

A 19th-century cylindrical Paris porcelain vase decorated on the front with a painting of Cupid and Psyche sold for \$244 at a Neal auction recently. There was standing putto on the back, and the vase had a blue base with gold shaped trim. Other pieces of Paris porcelain at the same auction were appraised at \$600 or more.

Q: We found one of our old family cemeteries in Casey County, Kentucky, and we want to clean several head or foot stones. We want to be able to read the stones and identify our folks to help put our family tree together. Any suggestions on a safe product or procedure?

A: Make sure the stones belong to members of your family before trying to clean them. The first rule in cleaning an old cemetery stone is "do no harm." Don't try to clean a stone if it's unstable, broken or cracked. Don't use a wire brush or bleach. Use a dry nylon brush to carefully brush away some of the dirt. If more is needed, you can use water to clean the stone, but you may have to bring it with you. A spray bottle filled with water is a convenient way to rinse the stone after you've cleaned it. Don't try to clean the stone if the weather is too

hot or too cold. Using cold water on a hot stone can cause cracks to form. If the weather is too cold, water can get into cracks in the stone and cause more damage. There are special products that will clean stains from mold or algae. Check the website www.CemeteryConservators.org for more information.

CURRENT PRICES

Movie poster, "Caddyshack," paper, pictures Chevy Chase, Michael O'Keefe, Rodney Dangerfield and Ted Knight, autographed by Chase, O'Keefe, Dangerfield and Bill Murray, 1980, 16 x 11 inches, \$70.

Furniture, shaving mirror, mahogany, arched, rope twist supports, serpentine marble base, rounded feet, Victorian, 31 1/2 x 28 1/2 inches, \$125. Bank, bank building, Flat Iron Bank, cast iron, triangular form & base, Kenton Hardware, c.1920, 5 3/4 inches, \$270.

Iron, gate, wrought iron, hammered, arched, leaf top, stylized floral openwork, 70 x 58 inches, \$630.

TIP: Hard plastic dolls will mildew if kept in a damp environment.

Learn about the record-setting prices scores of items have brought in recent years in the new "Kovels' Antiques & Collectibles Price Guide 2022." It is the ONLY antiques price guide that empowers collectors with the most up-to-date price information based on actual sales and market data. Available in stores and online, it makes a great gift.

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STICKELERS

by Terry Stickels

Below are four squeezer puzzles. Can you find the correct word to be placed in the middle of each to create two new words, one front-end, one back-end? We'll give you one set of answers but there may be more. Here's an example of how it works:

ever GREEN horn

shark _____ tight
free _____ stone
touch _____ wall
ring _____ fully

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Strange BUT TRUE

• At the height of their fashion craze in the 1580s and '90s, neck ruffs could include up to 6 yards of starched-stiff material with up to 600 pleats, supported by a wire, wooden frame or board.

• In 2017, while on a plane, a woman used her sleeping husband's thumb to unlock his phone, thereby discovering he was cheating on her. She reportedly reacted with "such a ruckus" that the flight was forced to make an unscheduled landing in India.

• Starfish don't have blood. They circulate nutrients by using seawater in their vascular system.

• The first baseball caps were made from straw and worn by the New York Knickerbockers in 1849.

• After the Titanic sank in 1912, ships sent to recover the dead ran out of embalming supplies. It was decided to preserve only the bodies of first-class passengers, due to the need to visually identify

wealthy men in order to resolve disputes over their estates.

• Between 1848 and 1850, the Gold Rush caused the population of San Francisco to grow from 900 to 35,000 people.

• A mother black lace-weaver spider will drum on her web to call her babies to come and eat her alive.

• In medieval times, fruit and vegetables were cooked because they were thought to cause disease, with a book from 1500 even warning consumers to "Beware of green salads and raw fruits, for they will make your master sick."

• Credito Emiliano, a bank in Italy, accepts Parmigiano-Reggiano cheese as collateral for small business loans, holding the cheese as insurance and aging it in climate-controlled vaults for the loan's duration.

• A man literally died laughing while watching the movie "A Fish Called Wanda."

Thought for the Day: "Not all paths offer a vista. But every path offers a lesson." — Toni Sorenson

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Now here's a tip!

by Jo Ann Derson

• Generally, for every degree you lower your thermostat during heating season, you reduce your energy costs by 3%.

• Just in time for soup season (and my new year's resolutions), here's a great fat swap: Drain and rinse 2 cups of white beans and puree with a cup of no-sodium vegetable broth. You can use this as a thickener in place of heavy cream for soups and stews. — JoAnn

• To keep snow off your windshield, use a flannel-backed tablecloth stretched to cover both windshield and wipers. Put it flannel-side to the glass. Then you'll be able to lift it (and the snow) off your windshield to drive.

• Wondering what winter fruits and vegetables are in season? Here's a sampling: apples, dates and pears, as well as citrus, like grapefruit, oranges and tangerines. For vegetables, consider endive,

bok choy, Brussels sprouts, kale, leeks, mushrooms, parsnips, radicchio, rutabagas, sweet potatoes, turnips, yams and winter squash.

• "Want to keep your pants from creasing on the hanger? Grab an empty paper-towel tube and slit it down the side. When you slip it over the bottom of the hanger, it creates a wide curve for the pants to lie across, and no more crease!" — M.U. in Colorado

• Remember that as temperatures drop and layers of clothing increase, children in a car seat need special consideration. Remove heavy coats before strapping in a small child or baby. Winter wear can compress during an accident, and it interferes with the straps.

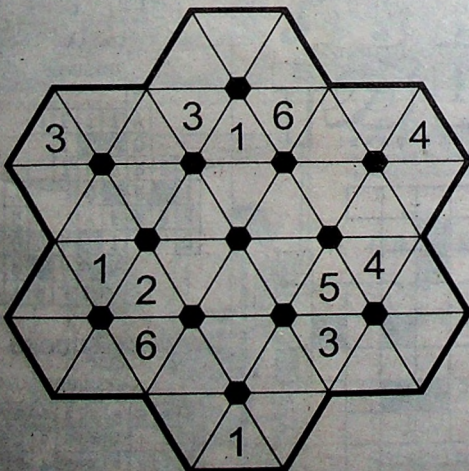
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



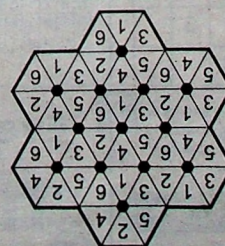
DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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SNOWFLAKES

solution



Sticklers Answer

Go Figure!

answers

26	25	18
8	5	6
22	8	22
+	×	×
27	9	4
×	+	-
22	2	7

ring MASTER fully
touch STONE wall
free LOAD stone
shark SKIN tight

Super Crossword

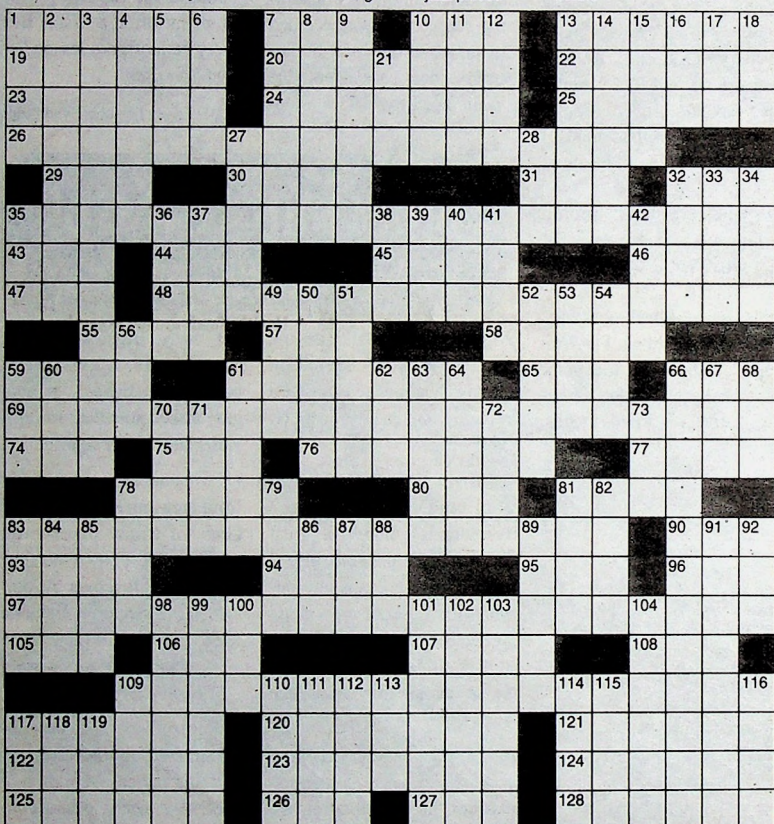
ACORN-STASHING
IN THE SKY

ACROSS

- 1 Exchanges for paper money
7 Takes too much, briefly
10 Gp. concerned with birdies
13 Liquid detergent quantity
19 Opere — (in the work already mentioned)
20 International news agency
22 Relaxed
23 "First Blood" actor Richard
24 Pilot Amelia
25 Like magma
26 Start of a riddle
29 930-mile-long Russian river
30 Politico
31 Raw rock
32 Lakers' org.
35 Riddle, part 2
43 Styled like
44 Heir, often
45 Be a rambler
46 "I smell —!"
47 Defunct
48 Riddle, part 3
55 Airline seat pull-down
57 Dir. from N.M. to Ky.
58 "Play it by ear," e.g.
59 Orem's state
61 Google program for targeted promotions
65 Brother of DDE's follower
66 Big tub
69 Riddle, part 4
74 Facial blinker
75 Caviar base
76 Manors
77 Oklahoma city
78 Livid
80 Actor Stephen
81 Basketball tourney org.
83 Riddle, part 5
90 Turner of song
93 Add to the work force
94 Vientiane is its capital
95 No. on a map
96 Liquor choice
97 End of the riddle
105 Prefix with 17-Down
106 Bynes who was "Kookie"
107 Wayward GI
108 Family mem.
109 Riddle's answer
117 Mitchell of NBC News
120 Not yet encrypted
121 Is entirely unacceptable
122 Disclose
123 List the particulars of
124 Coop up
125 Officers-to-be
126 Tutu-wearing Muppet
127 D.C. bigwig
128 "— Fideles" (carol)

DOWN

- 1 Roman
2 Plane wings, e.g.
3 Raw beef dish
4 Disney's Montana
5 Tall Sicilian volcano
6 Fly high
7 Chocolate cookie-flavored Post cereal
8 Shortage
9 Guarantee
10 Bell's ring
11 Mutt's noise
12 Concerning
13 SLR, say
14 Makes amends
15 Animal hide
16 Jack Sprat's no-no
17 Function
18 Writer
19 Deighton
21 Jennifer Lopez's "J to — L-O!"
27 Dull
28 Homer Simpson's outburst
32 Cruel Roman emperor
33 Male lover
34 Echidnas eat them
35 Once existed
36 Totally lost
37 Squarish, as a vehicle
38 Four minus one, in Italy
39 Gmail rival
40 Trailing plant
41 — Strauss
42 Wizard of Oz creator
49 Work over
50 Happen next
51 Comes upon
52 "Luther" star
53 Repeated
54 Smoker's puff
56 Pi-sigma link
59 Sport — (off-roader)
60 Your, biblically
61 "Billy, Don't Be —" (1974 hit song)
62 Insect egg
63 Beginning
64 Lauder of makeup
66 Seasoned, oily salad dressings
67 French buddy
68 Turner of TV
70 Big coffee dispensers
71 Vincent van —
72 Incline
73 Coffee alternative
78 Suited to —
79 Christmas
81 Court barriers
82 Flight staffers
83 Punch sound
84 Old LP player
85 Crafts partner
86 Not stringent
87 Lead-in to "And how!"
88 Suffix with lobby
89 High-pitched warble
91 Nailed the performance
92 Opposite of 63-Down
98 Nuke, as leftovers
99 Standards
100 NFL
101 Legendary Manhattan restaurant
102 Pluck, as brows.
103 "Stalag 17" star William
104 With 109-Down, part of a Florida orchard
109 See 104-Down
110 Mini-exam
111 A law — itself
112 Slush Puppie alternative
113 CD- —
114 Female youth org.
115 Incite
116 Subjective loudness unit
117 Circle bit
118 Org. concerned with the three R's
119 Burnable storage device

celebrity
extra

by Dana Jackson

Q: Who plays Kurt Warner's wife in the new film about his life? I saw a commercial for it the other day but missed the actress' name. She looks so familiar. — O.S.

A: "American Underdog: The Kurt Warner Story" was released in theaters on Christmas Day. It's a feel-good flick about the Super Bowl-winning quarterback who stocked shelves at a grocery store before making his way to the NFL. Zachary Levi ("Shazam!") plays Warner in the biopic that was filmed mostly in Oklahoma City. Anna Paquin plays Kurt's devoted wife, Brenda. At just 11 years old, Paquin won the Best Supporting Actress Oscar for her role in "The Piano" opposite Holly Hunter. She's been thriving ever since, playing Rogue in the "X-Men" films and starring for seven seasons in the HBO vampire series "True Blood." Next up for Paquin is the Netflix family film "True Spirit," in which she'll play the mother of a teenage girl who sails solo around the world.

Q: I'm surprised there hasn't been a sequel to the holiday movie "Elf." Holly-

wood usually wants to capitalize on a big hit. Do you think it will stay that way? — J.K.

A: "Elf" has remained a standalone movie, but it's not for lack of trying. According to The Hollywood Reporter, Will Ferrell, who starred in the 2003 film, turned down a \$29 million paycheck for "Elf 2" because he didn't feel the script measured up to the original. However, Ferrell might not be the best at predicting box-office success because at one point in filming "Elf" he thought the movie would be the end of his career. Instead, it turned out to be a mega hit and has become a holiday classic.

Most recently, Ferrell took on a dramatic role in the Apple TV+ series "The Shrink Next Door," and is wrapping up filming "Spirited," a musical retelling of the Charles Dickens classic "A Christmas Carol."

Q: I was pleasantly surprised to see Tom Hanks in the new "Yellowstone" spin-off series. Do they have any other big names slated to guest star? — K.W.

A: The new Paramount+ series "1883" already had an impressive cast with country music stars Tim McGraw and Faith Hill headlining the new Western series. Then they announced the addition of the always charismatic Sam Elliott ("The Ranch") to the cast. In the second episode, if



Anna Paquin

Photo Credit:
Depositphotos

you did a double-take during a Civil War flashback scene, you weren't alone. Yes, that was movie star Tom Hanks playing famed Union Gen. George Meade, simply doing his friend McGraw a favor by filming a cameo for his buddy's new show.

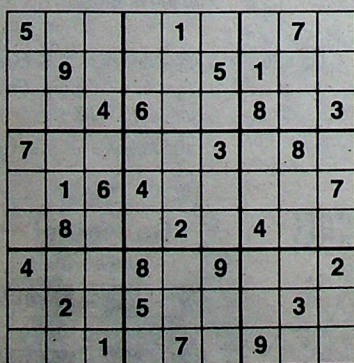
"1883," the prequel to the massive hit series "Yellowstone," starring Kevin Costner, follows the Dutton family on their journey through the Old West to Montana. The show's premiere was the most viewed original series for the streaming service Paramount+, with new episodes dropping every Sunday.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

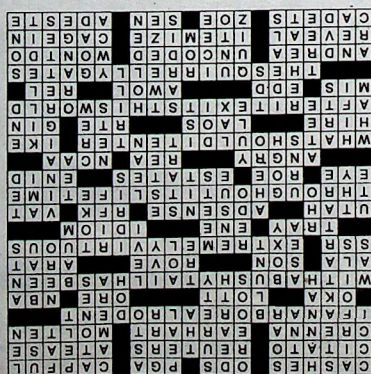
DIFFICULTY THIS WEEK: ♦♦

♦♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers



Even Exchange

answers

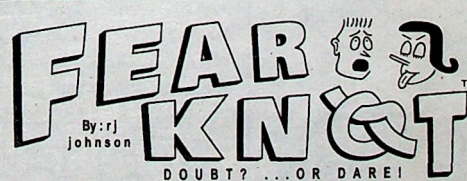
1. Bitter, Butte
2. Diver, Diner
3. Write, White
4. Health, Hearth
5. After, Aster
6. Safer, Saber
7. Cornet, Corner
8. Handy, Hardy
9. Sawyer, Lawyer
10. Merge, Marge

Even Exchange by Donna Pettman

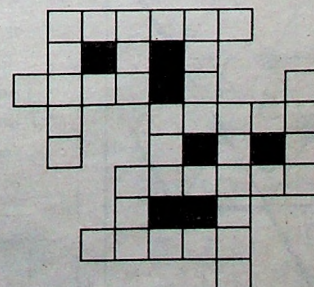
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|-----------|------------------------|-----------|
| 1. Acrid to taste | — I — — — | Toast topping | — U — — — |
| 2. Pearl gatherer | — V — — — | Eatery | — N — — — |
| 3. Compose | — R — — — | Vanna or Betty | — H — — — |
| 4. Physical well-being | — L — — — | Fireplace | — R — — — |
| 5. Subsequent | — F — — — | Star-shaped flower | — S — — — |
| 6. More secure | — F — — — | Calvary sword | — B — — — |
| 7. Trumpet's cousin | — — — — T | Hollywood & Vine, e.g. | — — — — R |
| 8. Convenient | — N — — — | Robust | — R — — — |
| 9. Finn's buddy | S — — — — | Perry Mason's job | L — — — — |
| 10. Combine | — E — — — | Mrs. Simpson | — A — — — |

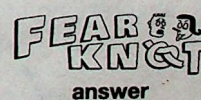
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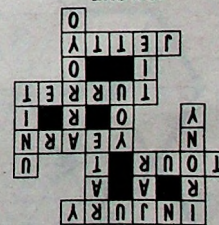
ITE
JIRYUN
TYJTE
ORUT
ERRTUT
UYO
ARET
RENYA
RJA
YOROAR
RYNIO
NUTI



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



answer



Weekly SUDOKU

Answer



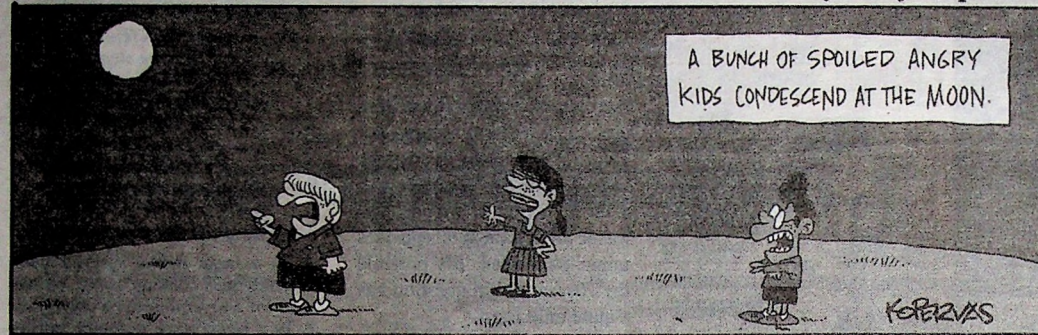
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Amber Waves



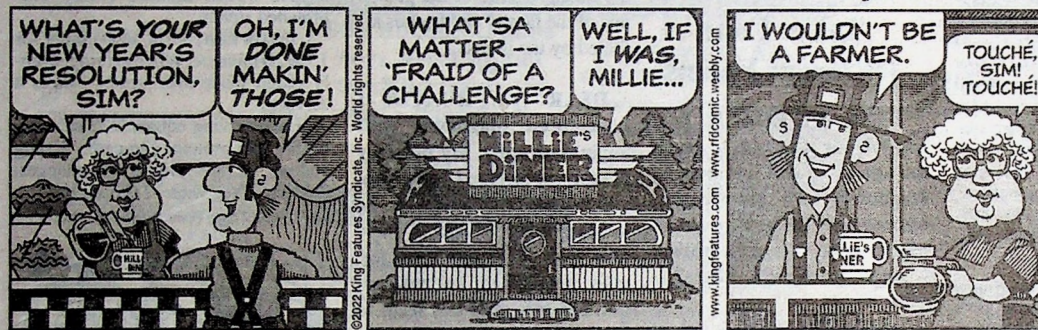
by Dave T. Phipps

Out on a Limb

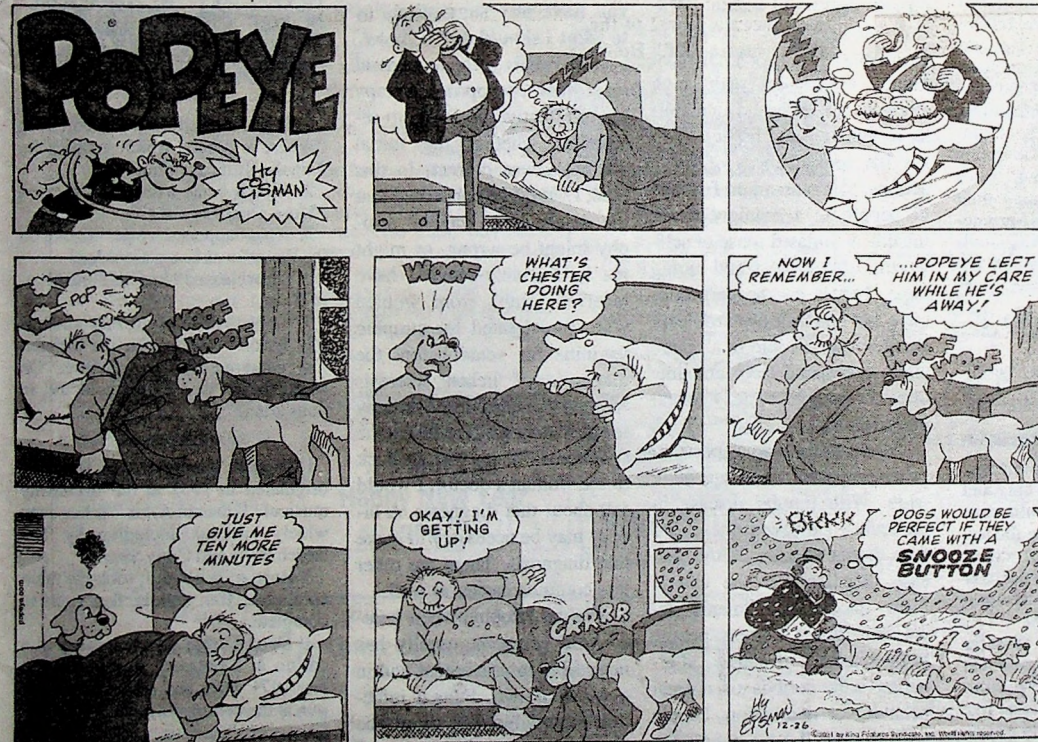


by Gary Kopervas

R.F.D.



by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Escort
DAGUR
Wander
BLAME
Sway
WROPE
Creak
ARGON

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

3	2	4	1	4
2	4	2	5	1
4	3	2	3	5
2	5	3	4	1
5	3	1	3	2

©2022 Concepts Puzzles Dist. by King Features Synd., Inc.



DEAR PAW'S CORNER: My 9-year-old Shih Tzu "Mitzi" developed a hip problem due to an injury she suffered when much younger (she was a rescue). It's become almost impossible for her to walk, and her veterinarian recommended she start using a "wheelie" harness to get around. The problem: Mitzi will not use the harness. It's a struggle to get her into it, and then she just kind of lays there and whimpers once she's in it. How can I get her to adjust to the harness? - Claude C., Atlanta

DEAR CLAUDE: You'll need to try a couple of things: check the fit of the harness, and use some gentle encouragement (ahem, treats) to help Mitzi.

According to Eddie's Wheels, which designs wheelchairs and support devices for pets, dogs that still have feeling or some mobility in their hind legs sometimes have

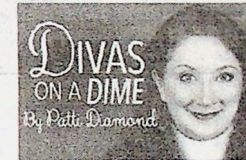
more trouble adjusting to wheelchairs than dogs whose hind legs are paralyzed. Also, a poorly fitted wheelchair can cause a dog to feel uncomfortable in the harness.

So, check the fit of the wheelchair based on the manufacturer's recommendations. If Mitzi's wheelie allows her back legs to touch the ground, make sure that she can do so. This may alleviate her anxiety. If her back seems hunched, make sure the straps are at the correct length so she's comfortable. If her back sags in the harness, she may need more support. And make sure her backside isn't lifted into the air; this can cause strain on her front legs.

Once the fit is OK, give Mitzi lots of encouragement as you help her into the harness each day. Then, as she progresses, give her a reward at each step: when she first stands up in the harness, when she takes her first step, and so on. Always make it a positive experience, until she gets the hang of her new wheels.

Send your tips, questions or comments to ask@pawscorner.com.

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No Excuses! You Can Eat Healthy on a Budget

Happy New Year! If you're like millions of people, you've just made resolutions to improve your health and finances.

First - good job! What we eat and how much we spend on food are two areas of our lives where we have control. You can't easily change your mortgage or car payment, but you can adjust your food choices and expenditures starting today.

I've heard every excuse in the book about why it's impossible to eat healthfully on a budget. Here's some tough love from the Diva:

I'm too busy!

Instead of saying "I'm too busy," say "I don't make it a priority to provide healthy meals for my family." How does that feel? We all have the same 24 hours in a day, and we make time for what's important to us. If your schedule is so packed you can't feed yourself, it's time to rethink your obligations. I never know what my schedule is going to be.

Meal planning is essential for those with erratic schedules. Plan "busy day" meals by cooking extra on the weekend. Use the crockpot in the morning to have meals waiting at the end of the day. If you're all on different schedules, stock your

Hitori answer

2	3	1	3	5
1	4	3	5	2
5	3	2	3	4
1	5	2	4	2
4	1	4	2	3

freezer with single portion, healthy meals available on demand, like homemade soups and casseroles.

Healthy foods are too expensive. Inexpensive foods that offer a powerhouse of nutrition should be the bulk of your diet. Here is a list of healthy foods that cost under \$1 per serving: Whole chickens, canned tuna and salmon, eggs, plain yogurt, peanut butter, beans, lentils, brown rice, oats, whole-wheat pasta, sweet potatoes, kale, cabbage, salad greens, carrots, apples, oranges, bananas, frozen vegetables, frozen berries, almonds, black and green teas, coffee, sparkling water.

I don't know how to cook.

Like to eat? Well, learn to cook. While you're learning, teach the whole family. It's the greatest gift you can give them. The world is awash in recipes and tutorials on TV, online and in old-fashioned cookbook form.

Cooking from scratch takes too long. If you have time for fast food, you have time to cook food. Gather a handful of simple recipes that take 20 minutes or less and keep your pantry stocked with ingredients to make them. Take a little help from the store by purchasing precut veggies, or rotisserie chicken.

Make your financial and physical health a priority in this new year. Cheers to a fresh start and another chance for us to get it right.

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website "Divas On A Dime - Where Frugal, Meets Fabulous!" Visit Patti at www.divasonadime.com. Email Patti at divapatti@divasonadime.com. © 2022 King Features Synd., Inc.

SCRAMBLERS

solution
BORROW
Today's Word
3. Power, 4. Groan
1. Guard 2. Ambler



"May I" a few things?"

MORE FUN

COUCH THEATER

BY RACHEL ROSE

The Tender Bar (R) — Cute kid with deadbeat dad gains male guidance from good-hearted uncle, who lets him hang out in his neighborhood bar in 1970s Long Island. The story is the real-life memoir of Pulitzer Prize-winning writer J.R. Moehringer and stars Ben Affleck as Uncle Charlie. Young J.R. is played by Daniel Ranieri and older J.R. by Tye Sheridan. This George Clooney-directed film generates a nice mix of chortles and throat-tightening sobs from the sweet — if not slightly predictable — story. Extra love for Christopher Lloyd as Grandpa Moehringer. (Prime Video)

Hype House — First there was TikTok, which begat influencers, some of whom made a lot of money doing random things for 20 seconds at a time. Then a handful of the most popular influencers all moved into a big house in Los Angeles so they could create their content full-time. Netflix decided to film them 24/7 and make a reality series out of it. We have now arrived at the fifth circle of Dante's Hell (or is it the fifth circle of Hype?). Premieres Jan. 7. (Netflix)

Teenage Euthanasia — First, don't judge the series based on its title; "Euthanasia" is actually the first name of the teenaged main character (who goes by Annie for short). Annie was given up at birth by her mother, Fantasy Trophy, and raised by her grandparents at their funeral home in fictional Fort Gator, Florida. Upon Fantasy's death by overdose, her body arrives at that very funeral home, where Annie's tears combine with embalming fluid and a lightning bolt to magically bring her mother back to life. This animated, adult-oriented, dark comedy stars Maria Bamford as Fantasy and Jo Firestone as Annie, and includes a plethora of celebrity guest voices like Stephen Colbert, Patton Oswalt and Aidy Bryant. (HBOMax)

Amazing Race Season 33 — In what has been the longest season-in-progress in "Amazing Race" history, the perennial award-winning competition show returns Jan. 5. Eleven teams initially began filming in early 2020, only to be suspended



Daniel Ranieri, Christopher Lloyd in "The Tender Bar"

after just eight days due to the emerging pandemic in many of the planned locales. Eighteen months later, aboard its own chartered 757, the show recommenced filming, with an altered schedule to visit only countries with low COVID-19 rates (and down two teams who were unable to rejoin for other reasons). Teams this time around include internet personalities, teachers, radio hosts and police officers, all vying for the \$1 million grand prize. (Paramount+)

The Righteous Gemstones (TV-MA) — One of streaming TV's most underrated shows, the satirical comedy about a dysfunctional family of evangelical televangelists returns Jan. 9 for its second season. The star-packed cast includes John Goodman, Jason Schwartzman, Adam DeVine, Eric Roberts and Dermot Mulroney, just for starters, and is the brainchild of actor/producer/writer Danny McBride ("Pineapple Express," "Vice Principals"). While continuing their Texas-based ministry of self-promotion, the Gemstones are saving souls and padding bankrolls (though not necessarily in that order). (HBO Max)

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Contract Bridge

THE MAGIC NUMBER

East dealer.

Both sides vulnerable.

NORTH

♦ 9 6 4 3

♥ Q 5 3

♦ 10 4

♦ 9 6 4 2

WEST

♦ Q

♥ A J 9 8 7

♦ 7 6 5 3

♦ 10 7 5

EAST

♦ A K J 10 7 5 2

♥ 4 2

♦ —

♦ J 8 3

SOUTH

♦ 8

♥ K 10 6

♦ A K Q J 9 8 2

♦ A K

The bidding:

East South West North

1♦ 5♦ 2♥ Pass

4♦ 5♦ Dble

Opening lead — queen of spades.

I have done a lot of bridge teaching in my day, and I have always been baffled by why so many players have trouble making use of the number 13. Everyone knows that each player is dealt 13 cards and each suit has 13 cards, but far too many players don't utilize this bridge fact of life as they should. If they would simply invoke the magic number 13 more often, they'd find the play of the cards much, much simpler.

Take this deal where East overtakes the queen of spades with the king and continues with the ace, South ruffing high. Declarer now plays the ace of diamonds, on which East shows out. It is only trick three, but declarer already has a vast amount of information about the opposing hands.

He knows from the play thus far that West started with one spade and four diamonds. He also knows from the bidding that West has at least five hearts headed by the ace (and probably the jack) because West could not double five diamonds without the ace and surely would not have bid two hearts with fewer than five of them. Ten of West's cards in three suits are thus known, leaving him with at most three clubs.

South is now in position to take advantage of what he has learned. He realizes that if he simply draws trump and plays a heart to the queen, he is likely to lose two heart tricks and go down one. To deal with this danger, he cashes the A-K of clubs, leads a trump to the ten and ruffs a club. This eliminates the clubs from West's hand.

South then draws West's two remaining trumps and leads the king of hearts. West, who now has only hearts left, can do no better than take his ace and return a heart, allowing South to score his ten and so make the contract.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT DO DUCKS USE IN MATH CLASS?

QUALMS	—	MAULS	ARGUES	—	GEARS
UNLACE	—	LANCE	LATEST	—	STATE
SAWING	—	WINGS	SHARED	—	SHRED
BRACED	—	BEARD	PETALS	—	LEAPS
KNACKS	—	SNACK	NOSIER	—	RINSE
			ROWERS	—	WORSE
			SAFEST	—	FEAST



Bipolar Disease Takes Four Different Forms

DEAR DR. ROACH: Is it possible for a person to reach the age of 70 and just now be diagnosed with bipolar disorder? Are there degrees of impairment, like with autism -- some worse than others? -- C.S.

ANSWER: The hallmark of bipolar disease is mania. "Mania" has a specific meaning in psychiatry: It's a very elevated mood, associated with high amounts of energy and an inability to think clearly, especially to see the consequences of one's actions. Some common features of people in a manic episode include an inflated sense of self-worth, distractibility and racing ideas. People can be very talkative and feel little need to sleep. Dangerously, people in a manic phase can spend large amounts of money and have many sexual indiscretions.

All diseases have a spectrum of severity, and some are quite wide. With bipolar disease in particular, however, there are four distinct forms of the disease. Bipolar I is the classic form, once called "manic depressive illness," where people have episodes of mania, alternating with periods of normal behavior or depression. People with Bipolar II have depressive episodes and some "hypomanic" episodes: periods of high energy (and sometimes profound productivity), usually without the negative aspects of the "full" manic episode. Cyclothymia is a rapid cycling between hypomania and mild depression. There is a fourth type, "unspecified," where people have abnormal mood elevations but don't meet criteria for the other types.

Bipolar disease usually has its onset in early adulthood, but sometimes in teens or even childhood. However, I have rarely seen bipolar disease diagnosed in someone as old as 70. It isn't always clear whether the disease is just manifesting

that late, or whether it has been around for many years, but compensated for by the person. Some people don't interact with a lot of family or friends, and manic or hypomanic episodes might be missed. It's possible the 70-year-old in question has a quite mild form.

Treatment for bipolar disorder can dramatically improve the quality of life of the person and of the family and friends affected by the illness.

DEAR DR. ROACH: I have been diagnosed with vaginal atrophy. My primary doctor prescribed estrogen, which doesn't seem to be helping after a year. I have also seen a woman's doctor, who prescribed an antifungal, but this does not seem to be helping the symptoms. Do you have any suggestions as to what I should do? -- Anon.

ANSWER: As a general rule, when appropriate therapy is not effective, it's time to reconsider whether the initial diagnosis was correct. In this case, I would be concerned that the diagnosis of vaginal atrophy might be wrong, or might not be the only issue. I have received letters from women who were treated for atrophic vaginitis for years before the diagnosis of lichen sclerosis was made. Appropriate therapy for that diagnosis relieved the symptoms. When you go back to the woman's doctor, I would ask about that diagnosis. A biopsy may be necessary to make that diagnosis. There are other less common causes as well.

Vaginal atrophy, when treated with estrogen, usually has noticeable improvement within a week or two. Fungal infection is possible (but should be apparent on exam), but it also gets better quickly. A year is too long to wait.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer

Comfort foods

Made fast and healthy

by Healthy Exchanges

Special Skillet Steaks

If you like Swiss steak, then you'll love this ultra-easy way to prepare it. Nothing could be easier, unless of course, your family likes it so much that they offer to help with the dishes!

- 4 (4-ounce) lean tenderized minute or cube steaks
- 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup
- 1 (15-ounce) can diced tomatoes, undrained
- 1/2 cup finely chopped onion
- 2 teaspoons dried parsley flakes
- 1/8 teaspoon black pepper

1. In a large skillet sprayed with butter-flavored cooking spray, brown steaks for 3 to 4 minutes on each side.
2. In a large bowl, combine mushroom soup, undrained tomatoes and onion. Stir in parsley flakes and black pepper. Spoon mixture evenly over browned steaks.

3. Lower heat, cover and simmer for 15 to 20 minutes. When serving, evenly spoon sauce over steaks. Makes 4 servings.

• Each serving equals: 222 calories, 6g fat, 29g protein, 13g carb., 520mg sodium, 2g fiber; Diabetic Exchanges: 3 Meat, 1 Vegetable, 1/2 Starch.

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- Who released the 1960 pop song "Where or When," which reached No. 3 on the Billboard chart?
- Which band wrote and released "More Than a Feeling"?
- What happened while "Smoke on the Water" was being recorded?
- Who released "An Old Time Movie"?
- Name the 1961 song that contains this lyric: "You're with me tonight, I'm captured by your charms, Oh pretty baby, won't you hold me in your arms?"

Answers

- Dion & The Belmonts. The song originated in 1937 in the Broadway musical "Babes in Arms." It has been widely covered, including by The Beach Boys and Carly Simon.
- Boston, in 1976. It took the main composer, Tom Scholz, five years to complete.
- Deep Purple was recording in a casino in Montreux, Switzerland, in late 1971 when someone shot a flare gun at the ceiling during a Frank Zappa concert. The entire complex burned to the ground. The group ended up recording in the halls and stairways of the nearby Grand Hotel.
- Scott McKenzie, in 1967.
- "A Thousand Stars," by Kathy Young and the Innocents. Young, who was just 15 at the time the song climbed charts, was inducted into the Doo-Wop Hall of Fame in 2014.

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FEAST	S	SAFEST
WORSE	R	ROWERS
RINSE	O	NOSIER
SHRED	T	PETALS
SHARED	A	SHARED
STATE	L	LATEST
GEARS	U	ARGUES
SNACK	K	KNACKS
BEARD	C	BRACED
WINGS	A	SAWING
LANCE	U	UNLACE
MAULS	O	QUALMS

Over 200 Volunteers Decorate 7,000 Vets' Graves

Cont'd From Page 6

killing both him and the navigator. He was laid to rest in Mount Wollaston Cemetery. The incident took place when Samantha was five years-old.

She recounted the special relationship her uncle shared with his younger brother — Kip Caldwell and her family.

"While I may not remember much about my Uncle Todd, I remember how much he loved me and my siblings," she said. "Uncle Todd was nothing short of gentle and loving when it came to his nieces and nephews."

Samantha remembered the day her uncle died and how upset her father was.

"As a five-year-old, it was hard to understand," she said as she became emotional. "My parents had the difficult job of explaining this to their two small children. They told us that there were some good people where Uncle Todd is and some bad people trying to get them. Uncle Todd was there to protect the good people from the bad people, and he died trying to keep them safe."

Samantha said she became afraid that there would



MAYOR THOMAS KOCH asks attendees to remember veterans. "Let us continue to honor them, tell their stories so that we may never forget, and future generations will understand there is a cost to freedom." Quincy Sun photos/Tom Gorman

be bad people trying to get her family and told her father that she "would lay down her life to protect her younger sister."

"My father quickly assured us no one was trying to get us," she said.

Samantha credited her grandparents for instilling values to her uncle and father that were passed down to through the family.

"When I think back to this now, I think that all this is a testament to the type of selflessness and love of how my grandparents raised us," she said. "My grandparents modeled for their children

and grandchildren what it means to love people."

She said her uncle reminded her of the Bible passage, "Greater love hath no man than this, to lay down one's life for one's friends."

"Reflecting on my little five-year-old way of understanding has made me realize how true this verse is," said Samantha. "Uncle Todd died protecting those who he loved; he died protecting his little brother."

She concluded by thanking those who currently are serving our country for their "love and devotion, to lay down your lives for us,



ROBERT MCGOWAN of the U.S. Coast Guard, places a wreath in honor of those serving in the Coast Guard.



ROBERT LaFLEUR plays Taps as Quincy Veterans Services Director George Nicholson salutes.



CHRISTINE CUGINI, Quincy's coordinator of Wreaths Across America, said the ceremony is about honoring veterans. "We are here to remember not their deaths, but their lives."



SAMANTHA CALDWELL of Quincy talks about her late uncle, Sgt. Charles "Todd" Caldwell, who was killed while serving in Iraq in 2003 and is buried at Mount Wollaston Cemetery. "Uncle Todd was there to protect the good people from the bad people, and he died trying to keep them safe."

Reach your potential
in 2022. Spring Session
begins January 19.

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for protecting us like a big brother or sister would protect their younger siblings. Thank you for your service to your community, to your city, and to your country."

U.S. Army Commander Daniel Schaffer presented ceremonial wreaths to representatives of each branch of the military that were placed on stands. A separate wreath honoring Prisoners of War and those Missing in Action was placed by Robert Noble Junior on the 96th anniversary of his late father's birthday, WWII veteran Robert Noble.

Following the playing of Taps by American Legion Post 294 member Robert LaFleur, the scores of volunteers fanned out to place

wreaths on veterans' graves.

Wreaths Across America got its roots in 1992 when Morrill Worcester, owner of Worcester Wreath Company of Harrington, Maine, had a surplus of Christmas wreaths as Christmas Day approached. He decided to honor the country's veterans by placing the wreaths at the older sections of Arlington National Cemetery that has few visitors.

A 2005 picture of the wreaths sticking out of the snow-covered cemetery circulated on the internet that gained national attention, prompting local communities across the country to hold similar ceremonies each December. The event has grown each year since.